CHANTAL HÉBERT

Neither side will win drawn-out debate over assisted dying

metroVIEWS

Toronto metro

NEW NATIONAL ANTHEM

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Your essential daily news | THURSDAY, JUNE 16, 2016

High 24°C/Low 16°C Mostly cloudy

'We're really going to miss her'

ALGIE PARUCHA

Mother of two was hit, killed doing what she loved Tuesday

May Warren
Metro | Toronto

FACEBOOK

Algie Parucha started a boutique that sold frilly tulle dresses, delicate headbands and pink Minnie Mouse hairclips just a few months ago.

She was excited to be running a popup stall at Spadina and Bremner Boulevard with her sister and sister-in-law.

"On location!! Come by and see us," reads a May 7 tweet from JamCo Boutique, its logo marked by a cheerful, pink butterfly.

Algie had worked as a travel agent and had a fresh vision for her future with the new business, her cousin Karen Parucha told Metro.

"She was very creative, and you can see that through the crafts. Her passion for the crafts and her attention to detail, and just the work that she put through it," Karen said. "She was very passionate in everything she does."

Algie's dreams were cut short Tuesday.

While working at the very popup stand she was so excited to launch, she became the city's 60th pedestrian or cyclist to die in the last 18 months.

The 38-year-old mother of two boys — 18 and nine — was killed when the driver of an SUV plowed into her sidewalk stall. Police have not laid charges against the 48-year-old driver and are still investigating what caused the crash.

Algie's sister was also taken to hospital with minor injuries after the crash. She has since been released.

A memorial honouring Algie's life was taking shape Wednesday afternoon at the spot where she died — flowers, candles and cards taking over a portion of the sidewalk.

A pink, homemade necklace with a small silver charm had been tucked under a rock.

Algie loved the colour pink and "anything girly," according to JamCo Boutique's website.

"Blessed with two sons but no daughters," she was the company's designer, always using her young niece as a "muse" for her creations, the website says.

She started experimenting with crafts after being "downsized" from another job, the site says. Once her creative side took over, "she couldn't be stopped," it reads.

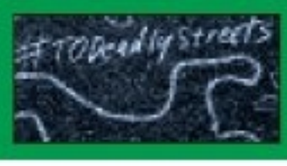
For her family, there are few words that can explain what's happened. "This is just a very sad and tragic thing," Karen said. "We're going to really miss her."

+ 61ST DEATH

Police are also investigating a Wednesday crash that killed a 63-year-old pedestrian. A taxi driver hit the man as he was crossing Lawrence Avenue East near McCowan at 12:40 a.m.

TORONTO'S DEADLY STREETS DAY 4 • VICTIMS' FACES • CITY'S MIDDLE FINGER TO PEDESTRIANS

LAWS CAN SAVE LIVES



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metro NEWS

Your essential daily news

Prince William speaks to magazine in support of LGBTQ rights. **World**

TORONTO'S DEADLY STREETS A FIVE-PART SPECIAL REPORT

From left: Maisie Le Blanc, Yu Li, David Stark and Kasia Briegmann-Samson want to prevent others from losing loved ones on Toronto's streets. LIZ BEDDALL/METRO

Names, not numbers

RALLY

Families show the faces that police do not

Luke Simcoe
Metro | Toronto

Victims of Toronto's deadly streets rallied Wednesday in Nathan Phillips Square to put a name and face to the chilling statistics adding up on our roads.

David Stark spoke about his wife Erica, 42, killed by a driver who veered onto the sidewalk 19 months ago, leaving him to care for their three sons.

"Enough is enough," he said.

Kasia Briegmann-Samson told the crowd what it was like to tell her children that their father, Tom Samson, was dead. The 35-year-old teacher at Swansea Public School was cycling to work when he was killed by a hit-and-run driver four years ago.

"Tom was Toronto's 39th traffic fatality of 2012. Last year we saw 65 deaths on our roads, every single one of them preventable," she said.

Unlike other crimes, the names of those killed on our roads are seldom made public. Police cite privacy and a desire not to re-victimize families.

As a result, Wednesday's event marks the first time families who have lost loved ones on our streets have come together to speak with one voice. Victims and their families called on the city to bolster its road-safety plan.

The plan has already grown stronger, and Mayor John Tory has taken a tougher stance on deaths than when it was first presented Monday. Tory initially pledged to reduce road deaths 20 per cent by 2026. Facing criticism, he's now pledged to work toward eliminating all deaths. He's still promising $68 million over five years.

"We're asking our politicians to act," Walk Toronto's Maureen Coyle said Wednesday. "They can no longer hide behind the comfortable distance that numbers or statistics can offer."

WHAT YOU CAN DO

Urge city council to make road safety a priority. Visit **metronews.ca/todeadlystreets** to contact your local councillor via email or Twitter.

Share your stories of death or close calls via the **#TODeadlyStreets** hashtag on Twitter.

I hope you never have your partner's wedding ring handed to you in a paper bag by a police officer.
Kasia Briegmann-Samson, wife to Tom Samson

We can't remain silent. This isn't going to go away.
Maisie Le Blanc, wife to Edouard

We need cities designed with safety in mind so the tragedy suffered by my family will not happen to others.
David Stark, husband to Erica

Zhiyong and others like him are victims of road design that single-mindedly seeks to move vehicle traffic faster.
Yu Li, friend to Zhiyong Kang

TORONTO'S DEADLY STREETS A FIVE-PART SPECIAL REPORT

LAWS CAN SAVE LIVES

PENALTIES

When taking a life costs you as little as $400, it's time for change

Luke Simcoe
Metro | Toronto

The driver who ran a red light in Scarborough and killed cyclist Edouard Le Blanc received a $700 fine and was handed six demerit points.

"Justice is not being served, not for the victims, not for their families, not at all," said Edouard Le Blanc's widow, Maisie.

A woman who crossed into the oncoming lane and killed Bruce Tushingham while he was cycling along a rural road in 2013 had to pay $500.

"We were floored. She didn't just hit a mailbox that can be fixed. This was a life," Bruce's widow, Linda, said.

Every victim of Toronto's deadly streets that Metro has spoken with feels let down or betrayed by the legal system. Laws meant to deter irresponsible behaviour on the part of drivers aren't working and, in many cases, are sending the message that taking a life will cost you as little as $400.

Patrick Brown is a personal injury lawyer and safe streets advocate in Toronto. He's been working in the field for more than 15 years and has noticed "a consistent and repeated pattern" where drivers who kill or injure pedestrians or cyclists avoid criminal charges — and the steep penalties that accompany them.

The burden of proof under the federal Criminal Code is extremely high, Brown said, and often requires demonstration of intent, not always apparent when drivers unwittingly kill or maim their victims.

"Talking to the police, they feel getting a conviction is too difficult," Brown said.

As a result, those behind the wheel are often charged with careless driving, a provincial offence that has a lower burden of proof — and much lesser consequences.

Last year, Toronto police laid 3,740 careless driving charges; many cases involved drivers who hit pedestrians or cyclists. The charge carries a fine up to $2,000, a maximum jail sentence of six months that is almost never applied and the possibility of a licence suspension.

Brown said prosecutors often encourage victims or families to accept careless driving plea bargains rather than go to trial.

"I was told dangerous driving is a criminal offence and, if charged, there was a chance the driver would be exonerated," David Stark, whose wife Erica was killed last year by a driver who veered onto the sidewalk.

Brown, Stark and others are calling on the province to institute stiffer penalties for careless drivers. In particular, they're asking for higher fines specifically for drivers who kill or injure pedestrians and cyclists.

"When you're in a car, you're encased in steel. You've got a seatbelt, airbags. Other people on the road don't have that, and the law should reflect that vulnerability," Brown said.

However, the plea has yet to spur the Ontario Liberals to action. Transportation Minister Steven Del Duca told Metro he's "open-minded" and that the government is "looking at whether to bring forward additional penalties or fines," although he wouldn't offer a timeline for any possible legislative change.

Asked if a $700 fine was appropriate for the driver who killed Le Blanc, Del Duca wouldn't say.

He did trumpet Ontario's track record of highway safety, noting fatalities on provincial highways have been trending downwards. Brown applauded the government for making highways safer but said that's only one part of the story.

"They've focused on protecting drivers on 400-level highways," he said. "They have a good track record on car-on-car fatalities, but Public Health Ontario has acknowledged that's not the same as pedestrian and cyclist deaths."

Change may be on the horizon. Mayor John Tory has pledged to push the province to increase careless driving fines, and newly minted Minister of Tourism, Culture and Sport Eleanor McMahon has a private member's bill before the legislature that would do just that.

McMahon's husband, OPP Sgt. Greg Stobbart, was killed by a careless driver 10 years ago. She's been a passionate advocate for safer roads ever since.

Under McMahon's Bill 213, the careless driving penalty would be upped to a fine of between $2,000 and $50,000, a maximum jail sentence of two years and a licence suspension of up to five years.

"If you're careless and have disregard for others, you shouldn't be able to walk away from an encounter where you killed someone with a $500 fine," McMahon said.

THE WEST TORONTO RAILPATH — which is set to extend south into downtown — is an example of the separated cycling infrastructure safety advocates have been calling for.
VINCE TALOTTA/TORSTAR NEWS SERVICE

WHO'S RESPONSIBLE?

The legal responsibility for safe streets falls across all three levels of government. Here's a breakdown:

The federal government is responsible for the Criminal Code of Canada, which governs the laws around things like dangerous driving. However, the burden of proof for criminal charges is very high, meaning many pedestrian and cyclist collisions are handled under provincial law.

The province is responsible for all major 400-level highways in Ontario. It also oversees the Ontario Highway Traffic Act, which sets out the penalties for things like speeding and careless driving. Provincial charges typically result in fines or demerit points, but violators are seldom sent to jail.

The city has authority over its local roads and is required to maintain them to a certain standard. The city is able to pass bylaws around road safety, such as the prohibition against sidewalk cycling. Lastly, the city establishes the criteria for when to implement or upgrade pedestrian crossings.

ABOUT THIS SERIES

MONDAY | Reality check Charting death on our streets and introducing the people calling for change.
TUESDAY | Vision Zero How the safety framework that Sweden used to cut traffic fatalities in half could be applied in Toronto.
WEDNESDAY | At street level Metro asks the experts to redesign Toronto's deadliest intersections.
THURSDAY | Legislating safety How stiffer legal penalties can save lives.
FRIDAY | The road ahead Shifting gears and culture.

PART 4: LEGISLATING SAFETY

METRO COLUMNIST MATT ELLIOTT
ON SIX LONG MINUTES IN THE 6IX

In my downtown neighbourhood, one of the biggest middle fingers to pedestrians can be found at the intersection of Parliament Street and Lake Shore Boulevard.

There, beneath the roar of the Gardiner Expressway, walkers coming from the waterfront trail who want to continue north on Parliament find their most direct route blocked. An eastside crosswalk has been painted, but no walk signals have been installed. For months, barriers have blocked the way, with signage directing pedestrians to "please use other side."

Before writing this, I took a stopwatch down to the intersection — for science — and timed how long it took me to cross legally from the southeast corner to the northeast corner.

The result? Five minutes and 50 seconds.

Yes, in this part of Toronto, it takes almost six minutes to cross the street.

For me, this is a constant source of frustration. Last year, Mayor John Tory and Toronto City Council decided a potential two or three-minute delay to motorists justified spending a billion dollars maintaining the Gardiner East. But just below that same highway, no one seems to care much as pedestrians wait an eternity.

This is not an issue confined to just one intersection. If you, like me, do most of your travelling on foot, there are probably intersections in your neighbourhood that are similarly frustrating.

And that frustration can easily facilitate dangerous behaviour. While I was out observing my most hated intersection, I witnessed at least a dozen people cross the road in ways that could be deemed illegal. I don't blame them. When design shows such little interest in pedestrians, it's no surprise that the rules are broken.

It's the infrastructure — not the behaviour — that needs to change. Thirty-eight pedestrians were killed on Toronto's streets last year, with another 16 killed already this year. As more people take to Toronto's streets on foot, it's becoming clear that our streets aren't built to keep those people moving — or safe.

With recommendations to create pedestrian priority zones, Toronto's new road safety plan — set to be debated by city hall on June 20 — looks to be a positive step. But I'm skeptical that our elected leadership will make all the necessary infrastructure changes — because those changes will invariably mean slowing down car traffic, something it hasn't shown the stomach for yet.

For my own safety, I hope my skepticism is unfounded. Down at Parliament and Lake Shore, when I was finished timing things, I threw caution to the wind and crossed the road illegally, before the light had changed.

Against the law, sure, but I'm a pedestrian — often an afterthought in my own city — and I'm tired of waiting.

This intersection has columnist Matt Elliott and many others waiting six minutes just to cross the street. LIZ BEDDALL/METRO

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Campaign ramps up accessibility drive

ADVOCACY

Foundation, artists work to improve access across province

Gilbert Ngabo
Metro | Toronto

A new campaign wants to double the number of accessible ramps on buildings and businesses across Ontario.

The Ramp Up 2016 campaign launching Thursday is a new collaboration between the Stop-Gap Foundation and 24 local visual artists. Its main objective is to bring more accessibility to an additional 15 communities throughout the province.

"We continue to raise awareness about barriers in our communities that prevent so many of us from entering spaces we desire," said the charity's founder and accessibility advocate Luke Anderson.

Luke Anderson is working to increase the number of accessible ramps in communities across the province. LIZ BEDDALL/METRO

The artists volunteered their time to paint different existing ramps, producing different works of art that will be auctioned off to help fund the campaign.

Through his foundation, Anderson has led efforts to create custom-designed ramps that are placed on single or multiple-step storefronts to increase accessibility in the city. These ramps are temporarily deployable, which gives users an option to remove them when they're not needed.

Since the project launched about five years ago, over 800 ramps have been distributed all over the country — more than half of them in Toronto.

Anderson said the campaign isn't just about handing out ramps to communities, but especially about educating business owners on the importance of having accessible spaces.

"We show them that without a ramp, they are missing out on a big customer base," he said.

The campaign also aims to show it's not just people in wheelchairs who may have issues with steps, but also parents pushing strollers, people doing delivery and many others who may need accessible entryway, said Anderson.

"To not allow someone equal access to a space is actually an encroachment on our human rights," he said.

The Ramp Up 2016 campaign kicks off Thursday at 7 p.m., at 100 Broadview.

POLICE

Task force calls for 'new service model'

A task force is recommending a "new service model" for the Toronto Police Service that includes closing some police divisions and a three-year freeze on hiring and promotions.

The task force, appointed by Mayor John Tory, has identified in an interim report $100 million in reductions and savings to the services' operating budget in the next three years, reversing a trend that has seen the budget climb steadily to more than $1 billion this year.

"This will be unprecedented change for the Service and a fundamental departure from a service delivery model that has been in place since the 1957 creation of the Metropolitan Toronto Police," reads the 35-page report.

"Although change on this scale will not be easy, it is also not something the Service can do without a greater public alignment," the report says.

Co-chaired by Chief Mark Saunders and Toronto Police Services Board chair Andy Pringle, the task force plans to release its report to the media Thursday.

Tory called the report "one of the most significant documents" on policing in Toronto in the last 25 years. TORSTAR NEWS SERVICE

G20 SUMMIT TRIAL

Officer convicted for 'kettling' formally reprimanded, loses 30 vacation days

Hundreds of protesters illegally detained. Three counts of misconduct. And six years later, the sole senior Toronto police officer convicted for his actions at Toronto's infamous G20 summit will receive a formal reprimand and lose 30 days' vacation.

Sitting silently in his dress uniform as retired justice John Hamilton read out his sentencing decision in a packed Toronto police headquarters auditorium, Supt. Mark Fenton let out an audible sigh when Hamilton ruled he could keep his job — contrary to the wishes of those detained for hours in Fenton's now-notorious "kettles." TORSTAR NEWS SERVICE

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Joyce Voegler, leader of the Kain Na! Filipino Food Tour, shows off tocino sliders and a turon ice cream sundae from Kensington Market's Tito Ron's restaurant. LIZ BEDDALL/METRO

Feast on our city's immigrant history

CULTURE

Group shares food to win hearts, minds

Gilbert Ngabo
Metro | Toronto

There's a better way of learning about Toronto's rich immigration history, and it's through food.

A new initiative is looking to do just that. In what's been aptly named Dishing Up Toronto, a group of young Torontonians has organized a series of food and storytelling tours that aim to help participants get a glimpse of the city's diversity.

"History is not always an exciting and appealing thing for some people," said Gracia Dyer Jalea, the lead organizer of the campaign and founder of the Toronto Ward Museum — a non-profit promoting the city's migration history.

"So we figured food would be the best way to make history more relevant, especially when it's told by the people who lived it themselves."

Through a partnership with Heritage Toronto and the Culinaria Research Centre at the University of Toronto Scarborough, the guided tours will take participants to different pockets of the city. Local restaurants will offer selected dishes, serving as a starting point to discuss questions of belonging, origin, identity and migration.

The initiative is set to start next week with three themed visits: A Wok in Chinatown, A Taste of Ramadan and Kain Na! Filipino Food Tour. More tours will be planned in different neighbourhoods across the city, with the goal of staging at least one every week.

MORE INFO

To learn more about next week's tours, visit wardmuseum.com/dishinguptoronto

Jalea said the project will help people discover more about Toronto, and will give immigrants a chance to speak for themselves about their own history.

"Our guides are just everyday citizens who will be comfortable discussing different ways of cooking rice in different cultures," she said, noting the simplicity will help enrich the dialogue among tour participants. "

People are very open and passionate about food. It's just about sitting around the table and sharing the stories and finding connections, even if we don't share the same background."

ORLANDO

Compassion met with online hate

All Elisha Lim wanted to express solidarity with the queer Muslim community, following mounting reports identifying the Orlando shooter as a member of Islamic faith.

Instead, she got a deluge of hatred that resulted in Facebook shutting her account altogether.

"Very angry reactions started coming in," said Lim, a creative artist and teaching assistant at Toronto's OCAD University whose online sign "Queers Against Islamophobia" provoked an online backlash.

"People were angry about us being queers, called us stupid and accused us of being Muslim apologists. It was crazy."

After news broke of a mass shooting at the Orlando gay nightclub last weekend, Lim and her partner Raven Davis took to their balcony for a prayer for the victims. Hours later when more details about the shooter emerged, the duo knew there would be a lot of Islamophobia.

Elisha Kim CONTRIBUTED

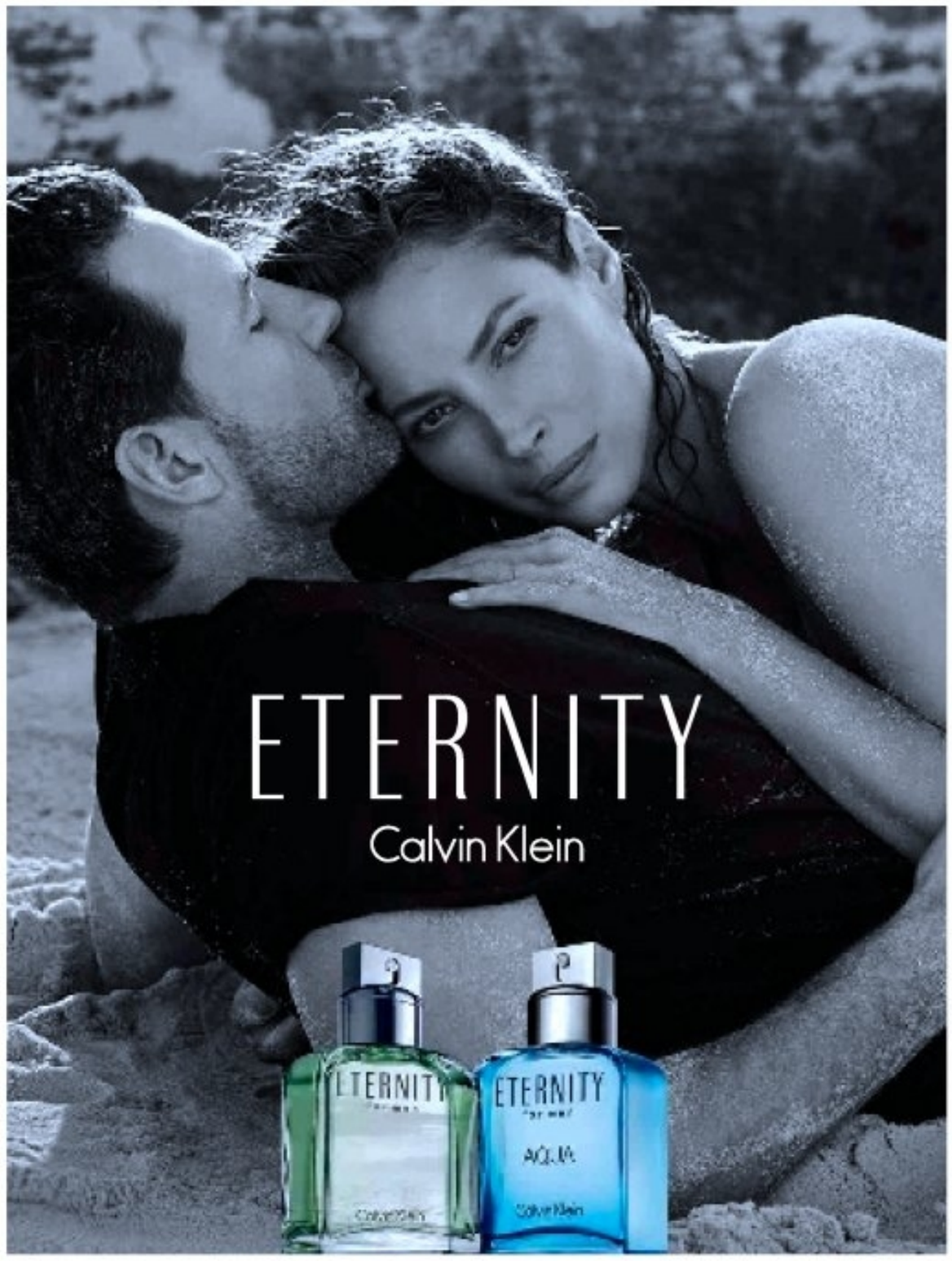
"We've always experienced racist backlashes when a member of our community is in the news or is criminalized," said Lim, who is of Chinese background. Davis is indigenous.

She said she was told her account was shut down because it was in violation of Facebook community standards. The same answer was given to other users who had posted the meme before it disappeared.

Lim had to create a new account with a different name. She said her original intent remains strong, to support "my queer Muslim friends."

She said the outpouring of support and all the criticism have helped expose that Islamophobia is a big problem.

"This is just a small sample of all the hatred people are facing. I'm personally convinced that those complainers are Islamophobic." GILBERT NGABO/METRO



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The Beaver shows sign of solidarity

ORLANDO SHOOTING

Replica logo pays tribute to venue of targeted attack

A Toronto bar is paying tribute to victims of the Orlando gay nightclub shooting by featuring a replica of the venue's logo in its window.

The idea came from Rob Shostak, a Toronto-based designer who works for an architectural firm.

The 34-year-old is a regular at The Beaver on Queen Street West in Toronto.

Shostak posted a photo of the exterior of the venue on his Instagram page on Wednesday. The replica of the Pulse nightclub logo is visible in the front window.

The caption accompanying Shostak's photo reads: "This is Pulse. Every queer space is Pulse. When one of our safe spaces is attacked, all of our safe spaces are attacked."

Shostak said he messaged The Beaver's manager about the idea of putting up the sign and his suggestion was well received.

"He just told me to go for it and make it happen," the Montreal-born Shostak said in a phone interview on Wednesday.

"The Beaver is my local bar. It is the local queer space on Queen West. I've been going there for 10 years ever since I moved here, and it's a space where I feel at home. It's a space where friends of mine gather.

"In the end, every queer space is a Pulse. Someone feels like that is their safe space, and that was taken away from us with the attack. Or, more specifically, we became more aware of our spaces as a result of the attack."

Shostak said he would like to see other queer establishments temporarily put a banner of their names with the Pulse logo "to show a bit of solidarity."

Tributes continue to pour in for the 49 people killed in Sunday's shooting rampage during Latin Night at Pulse, where dozens were also injured.

THE CANADIAN PRESS

A recreation of the Pulse nightclub sign is seen in the window of The Beaver bar in Toronto on Tuesday. Local designer Rob Shostak created the sign in respect of the Orlando nightclub where 49 people were killed Sunday. THE CANADIAN PRESS

> **In the end, every queer space is a Pulse.**
> Rob Shostak

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E_ON

Canadians on Daesh 'kill list'

TERRORISM

Many 'targets' women, but likely empty threat: Experts

A U.S. media monitoring group has unearthed what has been labelled a "kill list," linked loosely to Daesh and brandishing the names of about 150 Canadian "targets."

The list, while likely an empty threat and apparently compiled almost at random, could serve as inspiration to "lone wolf" attackers and offers the latest example of a cyber-terror tactic by hacker groups loosely tied to the Syrian-based militant group, experts say.

The Middle East Media Research Institute (MEMRI) first spotted the list on social media sites, including the Telegram networking app, on June 7.

Featuring mostly women's names, it appears to be compiled by the pro-Daesh hacker group United Cyber Caliphate and two affiliate groups.

Elliot Zweig, deputy director of MEMRI, said he passed on the list — 8,300 names in full from multiple countries — to authorities in the U.S. and abroad.

"What's rare is the size of it," Zweig said, noting past "kill lists" often included the names of government officials, drone operators and FBI agents. These may be mainly civilians, according to MEMRI.

"There's no rhyme or reason. Sometimes it's just random people," added executive director Steven Stalinsky."

There are about 20 people listed with GTA addresses. There are also "targets" with postal codes from the Northwest Territories, Nunavut and numerous small communities from across the country.

Amarnath Amarasingam, a fellow at the George Washington University program on extremism, said the link between the hacker umbrella group and the leadership of Daesh (also known as ISIS and ISIL) remains murky.

"The fear is that some lone actor might take these lists and do something with them," he said.

The mass shootings in San Bernardino, Calif., last December and in Orlando last weekend, which claimed 63 lives in total, were both carried out by American-born young men.

"You don't need individuals to have any real links to ISIS leadership," said Amarasingam.

Still, "most people don't take (pro-Daesh hacking groups) too seriously," he added. "They're just a bunch of fan boys with computer skills."

In the past four months, hacker groups, including the United Cyber Caliphate, have released about nine kill lists containing thousands of names in total. TORSTAR NEWS SERVICE

In the past four months, hacker groups have released nine kill lists containing thousands of names. THE ASSOCIATED PRESS FILE

STATUS OF WOMEN PANEL

Back up claims, feds told

Prime Minister Justin Trudeau has proudly declared he is a feminist, but now his Liberal government is being urged to back up those claims by considering how each of its decisions affects women and girls.

The Status of Women committee is recommending that gender-based analysis — a tool that helps government study how policy, legislation and program decisions might impact women and men in different ways — be mandatory across all government departments and agencies.

"Gender inequity is not something that happened by accident," said Liberal MP Sean Fraser, surrounded by his committee colleagues. Their report recommends the federal government introduce legislation by next June requiring the gender-based lens be applied to all proposals before they arrive at the cabinet table, as well to submissions to the Privy Council Office, Treasury Board and Finance Department.

THE CANADIAN PRESS

Mauril Belanger receives a standing ovation during a vote on his private member's bill to make the national anthem more gender neutral on Wednesday in Ottawa. JUSTIN TANG/ THE CANADIAN PRESS

Gender-neutral anthem on horizon

PARLIAMENT

MP suffering from ALS may never see fruits of his labour

Ailing Liberal MP Mauril Belanger was in the House of Commons as his private member's bill to render O Canada more gender neutral cleared one final hurdle.

The legislation still requires the approval of the Senate, however, which means Belanger — who was diagnosed last November with Lou Gehrig's disease — may not live to see it become law.

Bill C-210, which would change the second line of the anthem from "true patriot love, in all thy sons command" to "in all of us command," passed third and final reading in the Commons by a margin of 225-74.

As the vote began, Liberal MPs stood and applauded Belanger, who sat in the House in his wheelchair. Many flashed him a thumbs-up sign, his trademark gesture, as their votes were registered.

When it was done, the entire House broke into an impromptu rendition of O Canada, as well as a rousing standing ovation.

The anthem change has been a Belanger cause for years, but took on far greater urgency in recent months after it was confirmed he has an incurable, fatal, neurodegenerative condition also known as ALS.

Belanger ran and easily won election for a seventh time in October, but found he was having difficulty speaking during the final weeks of the long campaign. He went public with his condition at the end of November, saying he would drop out of the race to be Speaker of the Commons, a position he had long coveted.

Belanger's disease is a particularly aggressive version of ALS.

By January, when he introduced his bill, he had lost his ability to speak, and needed a voice generator to convert text into computerized speech — the first use of such technology in the Commons.

In March, he was named honourary Speaker. He shuffled down the corridors of the Centre Block using a walker. He had to be helped into the chair. He presided using a tablet.

In May, he used the iPad again to open second reading of his bill. He seemed thinner. His collar was loose to accommodate a tube inserted in his throat to help him breathe and keep his lungs clear of fluid. THE CANADIAN PRESS

ANIMAL WELFARE

Fawn's life saved with pocket knife

A baby deer at a wildfire sanctuary in Smithers, B.C.
THE CANADIAN PRESS

An Alberta man was moving an injured deer off a highway in British Columbia when he saw a tiny hoof sticking out of its belly.

Sean Steele was on his way to visit family in Prince Rupert last Friday when he came across the dying doe near Smithers.

The farmer, who also runs a steel fabrication shop near Barrhead, northwest of Edmonton, said the car in front of him had hit the animal and he stopped to help.

He grabbed his pocket knife from the dash of his pickup truck intending to kill the deer and stop its suffering. But by the time he had dragged it to a ditch, it was dead.

He used the knife instead to free the baby.

"I just cut it open and pulled the fawn out," said Steele.

"It was alive but it wasn't really breathing, so I stuffed some grass up its nose, cleaned out its mouth — got all that slime out of there — and it started breathing."

He placed the deer on the back seat of his pickup truck and delivered the fawn to a nearby sanctuary.
THE CANADIAN PRESS

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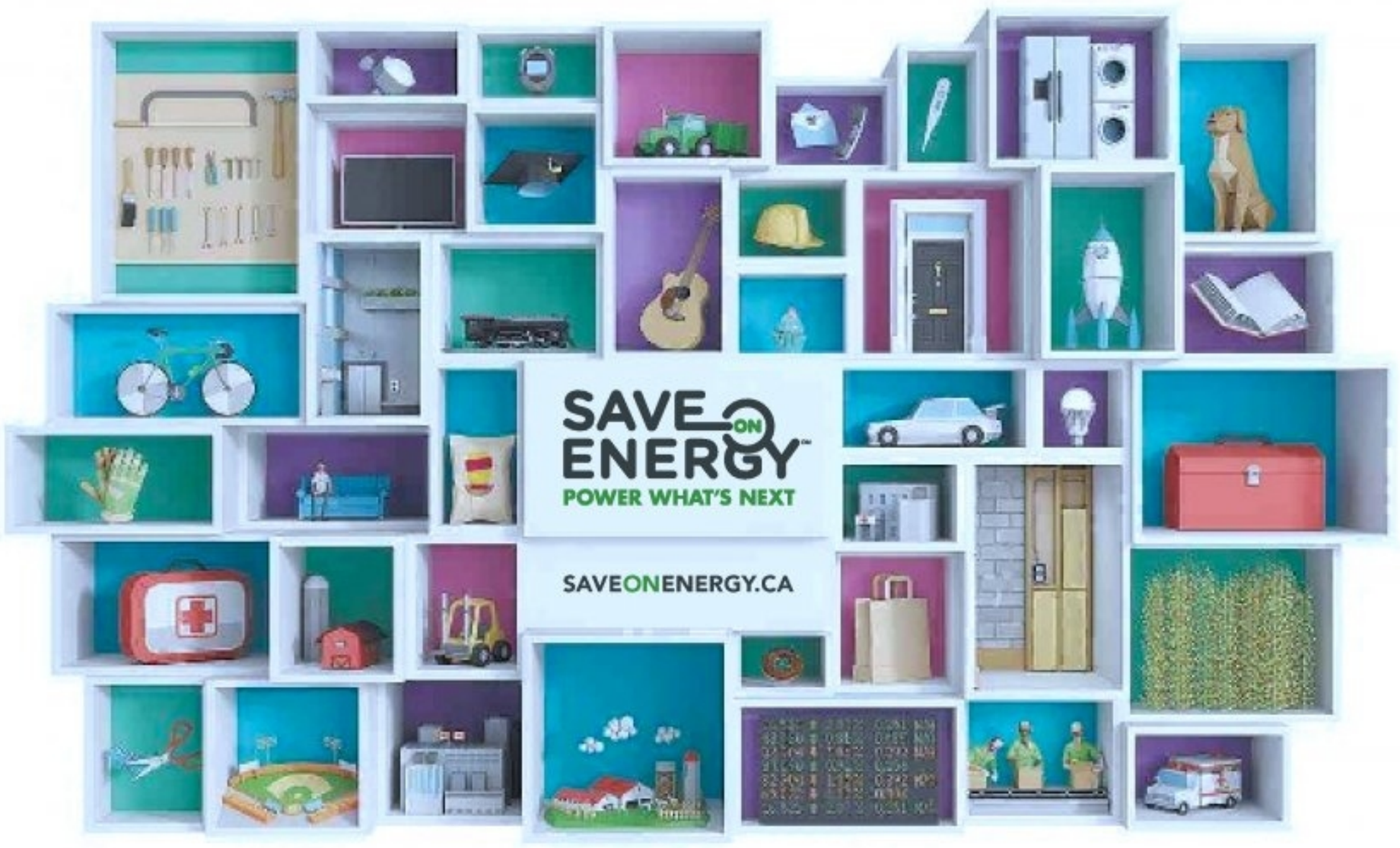

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Facing a mass murderer

ORLANDO SHOOTING

SWAT officers offered stress counselling

Police offered stress counselling and debriefing Wednesday to the SWAT team and other officers who witnessed the Orlando nightclub carnage, as the FBI tried to reconstruct the killer's movements and figure out what role his wife may have played in the plot.

A long procession of memorials and funerals for the 49 killed in Sunday's shooting rampage began taking shape, with mourners scheduled to pay their respects at a visitation for a victim remembered as a friendly salesman and makeup artist.

The FBI said it is still gathering evidence at the Pulse and analyzing cellphone location data to piece together Omar Mateen's activities leading up to the massacre, while interviewing people who had dealings with him.

Members of the SWAT team underwent a stress-management debriefing Wednesday, as hundreds of others involved in the response to the shooting have done, Police Chief John Mina said. Further counselling is being made available.

"These are some of the bravest toughest men I know," Mina said. "No one can prepare you for what those officers encountered that night. They stood toe-to-toe and went face-to-face with a mass murderer."

A key topic for investigators is how much Mateen's Palestinian-American wife may have known about the plot.

An official who was briefed on the case but insisted on anonymity to discuss a continuing investigation said authorities believe 30-year-old U.S.-born Noor Salman knew ahead of time about the attack.

Investigators have spoken extensively with her and are working to establish whether she recently accompanied Mateen to the gay dance club, said a second official who was not authorized to discuss the case publicly.

At a news conference Wednesday, U.S. Attorney Lee Bentley repeatedly refused to say whether charges might be brought against the wife or anyone else. He said authorities are talking to hundreds of people and investigating everyone associated with Mateen, including family, friends and business associates.

THE ASSOCIATED PRESS

Attendees listen to speakers at a memorial gathering for those killed in Orlando at Grand Army Plaza on June 14, 2016 in the Brooklyn borough of New York City. GETTY IMAGES

People attend a memorial service at the University of Central Florida for the victims of the Pulse gay nightclub shooting. GETTY IMAGES

PROFILE OF NOOR SALMAN

Details emerge on shooter's wife

She was a sweet, pretty California girl with Palestinian roots who left an arranged marriage only to find love with a man who committed the worst mass shooting in modern U.S history.

30-year-old Noor Zahi Salman grew up in the small suburb of Rodeo, California.

Noor Salman

Her romance with Omar Mateen began online, according to a neighbour, and they were married on Sept. 29, 2011. The couple has a three-year-old son.

According to marriage documents, Salman was born in the United States while her parents' birthplaces were listed as "Palestine."

THE ASSOCIATED PRESS

LGBTQ

William shows support

Prince William has appeared on the cover of the U.K. gay magazine Attitude to speak out against bullying people because of their sexuality.

The second-in-line to the throne is the first member of the royal family to appear on the cover of a gay publication.

William called on young people being bullied for their sexuality to seek help.

"No one should be bullied for their sexuality or any other reason and no one should have to put up with the kind of hate that these young people have endured in their lives," he said.

William revealed the cover plans on Tuesday after signing a book of condolence for victims of the gay nightclub shooting in Orlando. THE ASSOCIATED PRESS

Prince William on the cover of British LGBTQ magazine Attitude. CONTRIBUTED

IN BRIEF

Officials spot images of EgyptAir wreckage

Egypt on Wednesday said that it spotted and obtained images from the wreckage of the EgyptAir plane that crashed into the Mediterranean last month, killing all 66 people on board. THE ASSOCIATED PRESS

Lane Graves
ORANGE COUNTY SHERIFF'S OFFICE

WALT DISNEY WORLD

Body of boy snatched by alligator found

The body of a two-year-old Nebraska boy who was snatched off a Walt Disney World beach by an alligator and dragged underwater was recovered Wednesday, ending a ghastly search at one of the world's most popular tourist destinations.

Divers found the body of Lane Graves about 16 hours after authorities first got the call that a reptile had taken the boy at Seven Seas Lagoon.

Sheriff Jerry Demings said it appeared the gator drowned the child and left the body near the spot where he was last seen. An autopsy was planned.

"Of course the family was distraught, but also I believe somewhat relieved that his body was found intact," Demings told a news conference.

The boy's parents were identified as Matt and Melissa Graves of Elkhorn, Nebraska, a suburban area of Omaha. A family friend released a statement on behalf of the couple thanking well-wishers for their "thoughts and hope-filled prayers."

Disney World closed beaches around Seven Seas Lagoon during the search, and it was not immediately clear when they would reopen. THE ASSOCIATED PRESS

Web rentals hike cottage appeal

INVESTING

Popular sites make it easier to manage real estate costs

Buyers are using the equity from their full-time homes to purchase cottages. TORSTAR NEWS SERVICE

The equity from high-priced city homes is helping feed the cottage real estate market at the same time popular websites are helping investors rent out their rural properties to help manage the cost.

The 2016 Recreational Property Report from Re/MAX shows that cottage buyers, who may not plan to live in their retreat until retirement, are finding web-based rentals a big enhancement to managing their expenses and properties in the short-term.

More than half the 50 Re/MAX agents and brokers surveyed for the report reported seeing an increase in buyers who were planning to rent out their cottage full- or part-time.

More than half — 58 per cent of 1,576 Canadian respondents to a May 24 and May 26 Leger survey — agreed that websites are making it easier to rent out properties for cottage buyers who are using the equity from their full-time homes to make a recreational purchase.

"People continue to tell me they're usually pleasantly surprised. It is an easier process than it was in the past," said Pamela Alexander, Toronto-based CEO and regional owner of Re/MAX Integra. "Videos, pictures and Google maps are just making the process a whole lot easier."

Renting out a cottage makes it a more affordable proposition for cottage buyers.

"The average Canadian is starting to think (it's) a little bit of a business. We're seeing that buyers sort of have that in their back pocket when they're thinking of purchasing a recreational property," she said.

That's especially prevalent among baby boomers, she said.

"Maybe they're not ready to use (the cottage). They're thinking about it and saying, 'We're going to retire seven, eight years from now but we love this property, how can we make it work and still keep our home?' "

But a cottage, like any investment, has costs.

"These days you have to have television if possible. You also have to be sure you have access to a handyman, so if the toilet plugs or this doesn't work there is somebody," said Alexander.

Vacation rental site HomeAway has grown to 1.2 million property listings from about 60,000 in 2006, said spokesman Adam Annen.

The company allows owners to post up to 24 pictures of their property on the site. Its "new-to-renting" sub-site offers step-by-step tips on how to run the business, including contracts and payments, and how to make it attractive to potential renters.

The Re/MAX report shows Grand Bend on Lake Huron as one of the hottest recreational property markets in the country, with a 51.82 per cent year-over-year increase in median prices of non-waterfront homes. TORSTAR NEWS SERVICE

TELEVISION

Regulator tweaks news rules

Canada's broadcast regulator is forcing English-language TV stations to air at least seven hours a week of local news, and creating a new fund to help the smaller ones pay for it as part of a "rebalancing" of the country's television landscape.

Large broadcasters will also be given more flexibility — but not more money — to keep local stations open under a new regulatory framework announced Wednesday by the Canadian Radio-television and Telecommunications Commission.

The new policy will require that English-language stations broadcast at least seven hours of what's termed locally relevant programming each week in non-metropolitan markets, and 14 hours per week in metropolitan markets, including Toronto, Montreal, Vancouver, Edmonton and Calgary.

A new independent local news fund is being established to give independent stations access to roughly $23 million for local news programming. THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Thursday, June 16, 2016

CHANTAL HÉBERT ON THE ASSISTED-DYING BILL

A strong majority of MPs and senators support the right to medically assisted death. In contrast with previous debates on contentious issues, there is no manifest political will to roll back the clock.

In spite of the rewriting in the Senate of the Liberal bill on medically assisted death, rumours of an impending parliamentary crisis are somewhat exaggerated.

There are better-than-even odds that a collision between the two houses of Parliament will ultimately be averted, and more than enough potential common ground between the government and the Senate for a law to see the light of day sooner rather than latter.

There is a strong consensus in both houses of Parliament that it is desirable to have a federal law in place, if only to provide the provinces with a basic common hymn book to sing from.

Although some parliamentarians have argued that no law would be preferable to the bill originally drafted by the government, a federal-legal void has not emerged as anyone's first choice.

A strong majority of MPs and senators support the right to medically assisted death. In contrast with previous debates on contentious charter-related issues such as abortion or same-sex marriage, there is no manifest political will on the part of any party to eventually try to roll back the clock.

Where there is disagreement is on the pace at which only those whose death is "reasonably foreseeable" be eligible for medical assistance in dying. It claims a gradual approach does not make the bill unconstitutional.

Neither side in this debate can benefit from an impasse or a prolonged battle of wills.

The Senate disagrees. It has amended the government's original bill to include people whose death may not be imminent but who suffer from a "grievous and irremediable" condition.

It is not a minor difference, nor is it an irreconcilable disagreement of the kind that brought about the demise in the Senate, in the early '90s, of the last federal attempt to regulate access to abortion.

Back then, the group of senators that united to defeat the government's bill was made up of parliamentarians who either would countenance no law that allowed women to seek an abortion at any stage in a pregnancy or who would accept no restrictions on the right to not carry a fetus to term.

Neither side was open to a compromise that could have led to a charter-proof law. In the case of assisted dying, there are at least two possible avenues to a resolution.

The government could accept Bill C-14 as amended by the Senate and put it to a Commons vote. For every Conservative or Liberal vote lost to a less restrictive version of the legislation, there would likely be an equivalent NDP or a BQ vote in favour of it.

If, as every signal from the cabinet indicates, it declines to go that route, it will not be for fear of not being able to secure enough support in the Commons or to avoid a backlash in public opinion. Polls show solid support for a more expansive law.

Alternatively, the Liberals could strip the bill of the most contentious Senate amendments before having the Commons vote to send it back for adoption in the upper house.

No one knows for sure whether at that point a majority of senators would kill the bill rather than defer to the elected house. My educated guess is that having done due diligence on the legislation, enough of them would ultimately bow to the will of the House of Commons for it to pass. If, as many senators (and others) believe, Bill C-14 is too restrictive to be constitutional, the courts will fix it.

Neither side in this debate can benefit from an impasse or a prolonged battle of wills. For the government, a signature piece of legislation but also an institutional experiment sponsored by no less than the prime minister hang in the balance.

Under the changed terms of engagement between the government and the more independent Senate Justin Trudeau has set out to create, legislative bargaining between the two houses of Parliament stand to become if not the norm at least more frequent. That's a prospect that elicits equal measures of delight and horror in many quarters. Neither is totally justified. But more on that in a future column.

ONGOING DEBATE People rally against Bill C-14, the medically assisted dying bill, during a protest on Parliament Hill on Wednesday. JUSTIN TANG/THE CANADIAN PRESS

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

Sex assault by police: A special problem needing special attention

Thanks to media lawyers and the ruling of Justice Faye McWatt, we now know the details of an alleged gang rape committed by three Toronto Police officers: Leslie Nyznik, Sameer Kara and Joshua Cabero. Of another Toronto Police officer, whose name is protected by a publication ban. At a "rookie party."

Some alleged quotes:

"Josh, stop. She is out."

"Should I f--- her in the a--?"

"Suck my boy's d---."

According to new documents released by Justice McWatt this week, the victim says she was forced to perform oral sex and that she was vaginally penetrated. A rape kit suggests she may have also been anally penetrated, though she can't remember. She says she was too intoxicated to participate in, nevermind consent to, the alleged sex.

Of course, if it weren't for the bravery of this alleged victim, we'd know nothing at all. And yet even for a cop, alleging rape by other cops was a scary proposition. The National Post reports: "Her friend urged her to go to police but 'she was reluctant to do so because she would be accusing cops.'"

The defendants, via their lawyer, fought to keep all this out of the news "to preserve trial fairness," avoid "witness tainting" and "prevent unwarranted stigmatization" — concerns the judge dismissed as "mere conjecture" lacking evidence, and ones that would infringe not only on the public's right to know, but our right to justice itself "as the investigation and prosecution of police officers is clearly in the public interest."

Indeed, the public's right to know is never stronger than when applied to the actions of those we allow to wield power over us. And in the case of sexual assault, grossly underreported as it is, that is doubly true. Especially because police really are being accused of committing these crimes.

Nova Scotia's Serious Incident Response Team (an outside body that investigates police) has investigated three sexual assaults and laid charges in one case from spring 2014 to 2015. In Ontario, sexual assaults were the second highest complaint against police from 2014-2015, an astonishing 41. From 2015 to date, charges were laid in 10 cases.

And that's what we do know. Some provinces, like B.C., don't even have a comparable unit impartially investigating sex assaults. Plus: Ontario's data also only represent cases of on-duty police, which means they don't include the allegations against Nyznik et al. And it obviously doesn't account for unreported sexual assaults by police officers.

So in the rare cases when sexual assault charges go to trial, it's crucial that open court principles prevail. We should know everything there is to know about sexual abuse by police.

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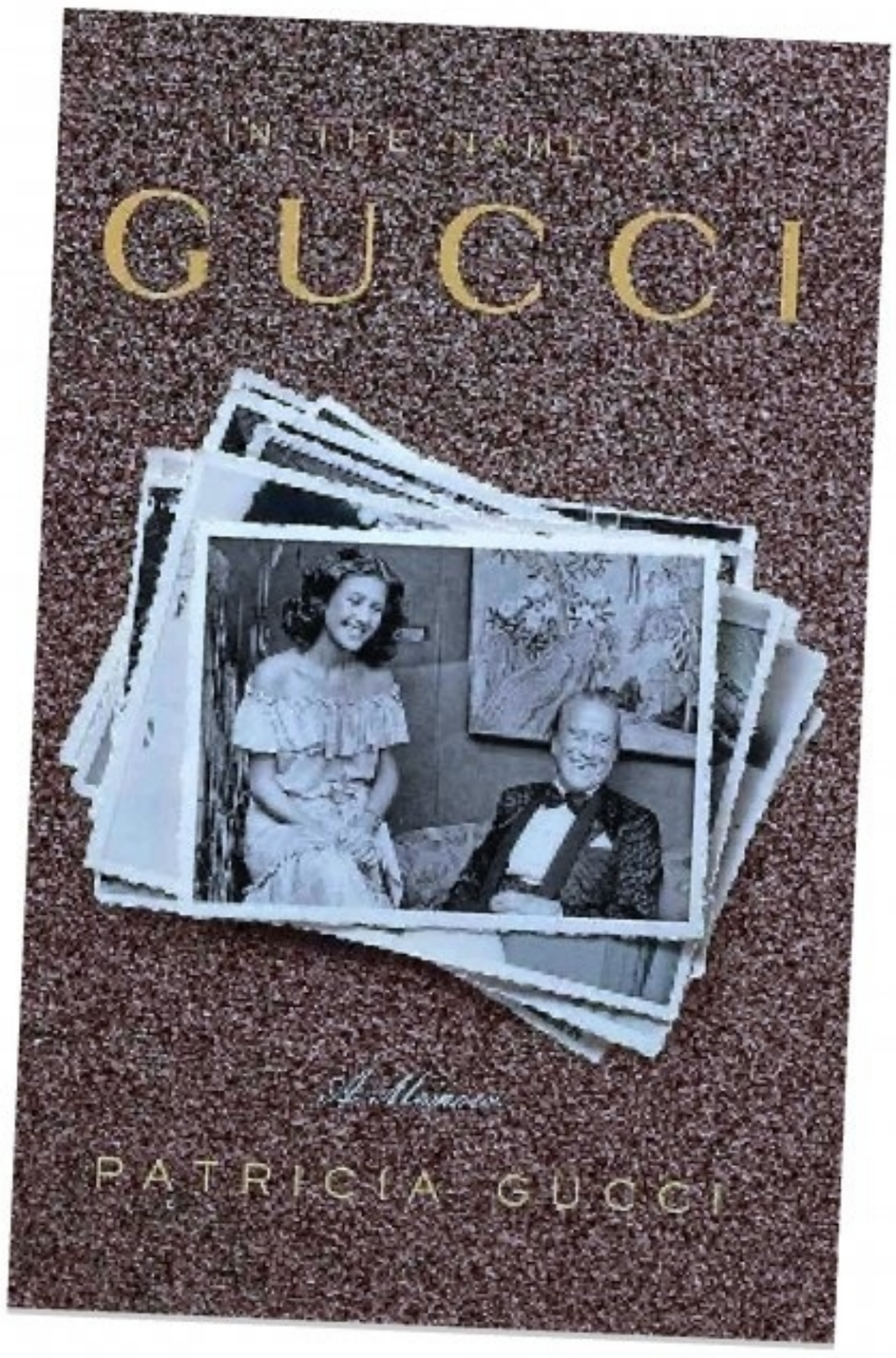


BOOKS

Patricia Gucci's memoir is a reflection on her family and father

Patricia Gucci was born in 1963, the illegitimate daughter of Aldo Gucci, head of the famous fashion house. Later her father did legitimize her and include her in the running of his company, but there were many ups and downs, and Gucci's story often seems like a Barbara Hutton, Gloria Vanderbilt tale: poor little rich girl whose life was not as glamorous as one would expect. Patricia Gucci spoke to me from London about her new book, In the Name of Gucci: A Memoir. Our conversation has been edited for length.

You had to deal with many complexities, being the illegitimate child of a famous, wealthy man. Your mother was emotionally absent much of the time; you were shunted from country to country and you didn't meet your stepbrothers until you were a young adult. You describe your family as dysfunctional and, yes, they were difficult. But you also had a very privileged life, with wealth, security, a good education and lovely homes to live in.

I am not disputing that. I am privileged and lucky. But it's all relative. It is important for people to talk about things that affected them. We are all human. In my book, I am just trying to tell the story of my father. I discovered things during the research. I wanted to understand my mother and why she was so unhappy. Her unhappiness did affect me all my life. She wasn't involved in my life the way a daughter would want a mother to be. We never did fun things together. Go shopping, for example.

Having the benefit of being in a great home with all the comforts and going to a good school and having lovely clothes is an incredible gift, but it doesn't mean it will make you a happier person.

Your mother took a real risk by entering a relationship with Aldo Gucci. She was in her early 20s; he was in his 50s. She came from a modest family and was living in a very Catholic Italy. This was the 1950s, when religious strictures were strong and divorce was verboten. Why do you think she did it?

She was on her path to live a certain life, married to a certain man. She didn't question that destiny. When her father died, her mother told her, "You need to find a job so at least you can pay for things you want." And she did and she walked into the world of Gucci (first working as a clerk).

When she met my father, there was complete respect and understanding, and it went on that way for a year and a half. It was an incredible world and she was grateful she had this opportunity to be there, but she never in her wildest dreams believed my father would think that way about her.

There was something about her that struck him. There was nothing coquettish about my mother, nothing flirtatious. She was modest and demure, and he fell for that. When she became his secretary, they were in even greater proximity.

She still went through a long process of rejecting him. She became extremely ill with a thyroid condition. My father was sophisticated, 30 years older than she was, and when he sent her letters he used words that made her feel important. The words of love and poetry made her feel she was the most important human being in the world. Even though she loved my father, and was loyal, the relationship created anxiety for her, a feeling that she never belonged. She became more private, more reserved.

In the 1990s, the Gucci family imploded due to family friction and the intervention of the U.S. Internal Revenue Service. Your father died in his 80s of liver cancer after spending a year in prison.

Very few people would have survived unscathed by what my father went through. Having a son betray you and send you to the IRS, or to be kicked out of the company, to go to prison — that was a terrible thing for an 82-year-old man to endure.

> **I am privileged and lucky. But it's all relative.**
> Patricia Gucci

Then to see your whole life's work suddenly taken away from you. In his late 70s, he was one of the healthiest, most vibrant human beings who walked on the planet. He had the energy and the stamina of a 50-year-old. But those blows were too much for anyone to endure.

TORSTAR NEWS SERVICE

A road trip out of the comfort zone

INTERVIEW

Iain Reid gets dark with his first crack at fiction writing

Sue Carter
For Metro Canada

Iain Reid is the quintessential nice guy, which is perhaps what makes his first novel, I'm Thinking of Ending Things, even more disturbing.

Reid made his name with two humorous, heartwarming memoirs, both of which received plenty of critical praise and reader love. The first, One Bird's Choice, was about returning as an adult to live with his parents on their farm.

"I wasn't anticipating it was going to be overly pleasant at that stage of life," he says. "At that age you're hoping to be out on your own, but I was back there and it turned out to be a good year for me."

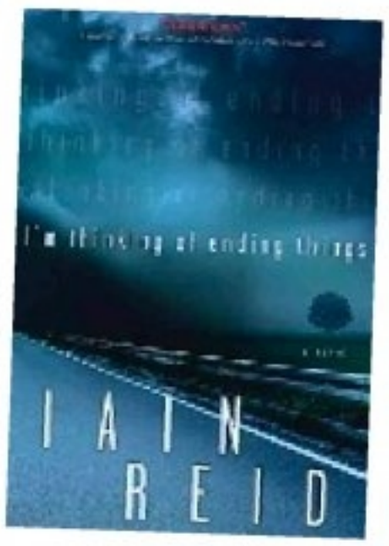
Equally as sweet was his follow-up, The Truth About Luck, which recalls a road trip Reid took with his 92-year-old grandmother. "I wanted it to be a book that readers could go to if they were feeling tired or miserable that would be nice and comforting," he says.

Those same pleasantries cannot be given to his fiction debut, I'm Thinking of Ending Things, a taut, high-paced novel with a sinister edge, published by Simon & Schuster Canada.

Despite not having a publisher lined up, Reid knew he wanted to write a story that was as different as possible from his homey memoirs, describing the experience like "living in a cabin in the woods and wanting to move to New York City."

Initially, Reid envisioned writing a traditional horror novel, but upon the encouragement of his agent, decided to push the genre further into a mash-up of what he now refers to as a "philosophical thriller." Told from the perspective of "the Girlfriend," I'm Thinking of Ending Things begins with a couple on a road trip.

> **Metaphysical fears are a reality for me. This feels personal.**
> Iain Reid, author



Without giving away any spoilers, the title has special significance, as their conversation becomes more tension-filled and claustrophobic, and the car feels even smaller as the Girlfriend continues to ruminate on their relationship.

Then, once the couple arrives at their destination, very strange things begin to occur. There are clues in italicized passages throughout the book, but not all readers will catch on to exactly what's happening until the very last pages.

Reid — who graduated from Queen's University after studying history, English literature and philosophy — found writing fiction a challenge. He spent several years with a "scalpel," crafting the novel to be as concise as possible.

It's his desire that readers will finish the story quickly in one or two sittings, as "everything that gets talked about in the beginning is a little different by the end."

Still, he acknowledges that some won't find I'm Thinking of Ending Things scary at all: "probably those people who find jump scares, physical threats or serial killers on the loose more frightening," he says.

"For me in my life, I don't have a lot of physical fears, but metaphysical fears are a reality for me. This book feels personal."

Sue Carter is the editor at Quill & Quire magazine.

Ian Reid says people who are into physical fears, like jump scares, might not find his new novel frightening, as it's more of a psychological ride. CONTRIBUTED

THE INTERNATIONAL SENSATION

It starts with the body
of one young boy,
discarded in a park.
Soon it becomes the darkest
case the Stockholm police
have ever seen.
They've entered the world of
THE CROW GIRL.

ERIK AXL SUND

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Guys who go gaga over children

ISTOCK

SOCIAL TRENDS

A 'renegotiation' of gender roles is creating more engaged fathers

Liz Brown
Metro | Canada

When Bryony and Peter Lewicki had their oldest child, Charles, five years ago, it was Peter who left work for the majority of time to care for their son.

"When he was seven months old I went into full time stay-at-home-dad mode. I was with him non-stop for a year and a bit until I started working freelance," says Peter.

Now, with Charles in school and his three-year-old brother Eli at home, Peter keeps his hours at his Toronto-based freelance photography business to part time, while Bryony works full time as a freelance editor and writer.

"I get Charles ready for school, pick his clothes out at night. For a lot of the year I'm doing most of the child raising and household chores myself," says Peter, adding he loves his role and doesn't regret staying at home.

The Lewickis are just one example of what Queen's Faculty of Law professor Kathleen Lahey calls the "renegotiation of gender responsibilities" we are seeing in Canadian society as women become increasingly educated and take on more demanding careers.

Today, numbers show North American women are delaying having children, having fewer children, and even expressing less interest in having children than men. An Associated Press poll from 2013 reported 80 per cent of men expressed the desire to become fathers, while only 70 per cent of women wanted to become mothers.

"It's entirely logical men are picking up on women being less eager to jump into the role of parenting and so men are more expressing their interest and willingness in becoming parents," says Lahey.

A recently divorced 38-year-old west coast lawyer (who chose not to share his name for privacy reasons) told me he's noticed this trend now that he's dating what he dubs "smart, successful women."

He's already the father to a seven-year-old daughter he actively co-parents, but lets his dates know he is interested in having more children. "A lot of the women I date seem to not have the space in their lives for children," he says. "I'm a lawyer and I see what it takes for females to get where they are in my field and that's hard to step away from."

> **It's entirely logical men are picking up on women being less eager to jump into the role of parenting and so men are more expressing their interest and willingness in becoming parents**
> Queen's Faculty of Law professor Kathleen Lahey

Lahey echoes this sentiment: "More and more young working women have invested really heavily in good educations and have taken advantage of opportunities that work out well and statistically once women get used to having their own incomes and having control over how their lives unfold, they take that very seriously."

It's a sociological trend that's led to the rise of dad culture, with stay-at-home dads and dad groups. At the early years centre near his family's home, Peter says he takes his sons to dad groups where he can socialize with other fathers. "They have pancake breakfasts and barbecues they tie in with hikes in the park. It's just five to 20 guys getting together with their kids," he says.

Peter says being a stay-at-home-dad took him by surprise, but he and Bryony never really had a conversation about who would shoulder the bulk of the child rearing.

"It was just one of those things where it was going to be whose job allowed us to do it," he says. "Ten years ago when kids weren't even on the radar for me, I wasn't thinking of being a stay-at-home-dad."

Lahey thinks it's 'fantastic' that more men are stepping up and expressing the desire to be parents and to participate fully in the work it entails.

She views this as a stepping stone towards more funding for child care and longer parental leave. "This is an important phase because if men learn to care as much about the next generation as women do, there will be more social willingness to share the cost of raising children instead of just leaving it all to play out in women's lives."

But for Peter, it's a lot more simple than that. "It's just fun. That might seem glib, but the more moments you get with your kids, the better."

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GREAT GUAC ROBBERY PILFERING THE PANTRY IS BIG BUSINESS

These days we have an increased appetite for stories about theft — not bags of cash taken from banks, but of some of our favourite foods being ransacked by hungry robbers. MELISSA DUNNE/FOR METRO

Avocados

New Zealand has been hit by a wave of avocado thefts this year after a poor growing season. The increased popularity of these fruits have driven up the price of a single avocado to about CDN$3.50-5.50 (NZ$4-6 each), according to a report in The Guardian. The stolen fruit is reportedly being sold at local markets, but orchards have started upping security to thwart thieves. For the time being, law-abiding Kiwis will have to either cut back on guac and avo toast they're consuming and Instagramming, or shell out more green for their avos.

Maple Syrup

The elaborate heist of approximately $18 million worth of maple syrup in Quebec in 2011-12 stuck with Canucks. Eventually 26 people were arrested in relation to the crime, according to Global News. At one point Jason Segel was reportedly set to star in a Hollywood comedy based on what's been dubbed the Great Maple Syrup Caper. Alas, Segel's IMDB page does not list any syrup-related projects, leaving things open for CBC to a do a movie-of-the-week version with one of the Canadian Ryans (Gosling or Reynolds), mais non?

Nutella

People are rightfully nuts about Nutella. Thieves in Germany made off with five metric tons of the yummy hazelnut-chocolate spread back in 2013. At the time, there was no word on what the thieves planned to do with approximately $20,000 worth of the gooey stuff. One can only assume the thieves had a crepe, banana and Nutella celebratory meal after pulling off the heist, then reluctantly sold the remaining tubs on the black market.

Walnuts

Walnuts are not only delicious and nutritious, they are also a leading agricultural export for California. As with many food heists of late, rising prices and soaring demand have made walnuts a target for thieves hungry to make some easy cash. In late 2013 thieves took about 140,000 pounds of walnuts from a factory in a small California town, according to NPR. No word on whether cops ever cracked that case wide open, but walnut theft continues to be an ongoing problem in the western U.S. state, according to several recent news reports.

JOHANNA SCHNELLER WHAT I'M WATCHING

Let's hold the irony, it has no place in variety

THE SHOW: Maya & Marty, Season 1, Episode 2
THE MOMENT: The skinny microphones

Short and Rudolph need to find more balance. CONTRIBUTED

Series co-star Maya Rudolph and guest Tina Fey, wearing form-fitting evening wear, struggle to climb onto absurdly high stools. "It's always been a dream of mine to host a variety show where I can perform with my friends," Rudolph says.

"I was the same," Fey replies. "On Saturday nights to watch Carol Burnett, I'd put on my fanciest nylon nightgown, mix orange and cream soda in a champagne glass, and imagine I was part of it. That's why I was able to stay a virgin until my mid-20s."

Someone hands them comically long, skinny microphones, with cords. "I love delicate '70s mike work," Fey says. The two launch into a medley of AM radio tunes, highlighted by Rudolph's impression of ... Charo.

That's when I knew this series would not meet my high hopes for it. Charo may be a punchline now, but there was nothing ironic about the jiggly chanteuse's near-constant appearances on the 1970s variety circuit. (I watched them all; Carol Burnett, sure, but also Glen Campbell, Flip Wilson, Tony Orlando and Sonny and Cher.) Irony is the enemy of the variety format. It demands sincerity, even at the risk of embarrassment.

But in this iteration, segments veer between explaining the concept, satirizing it or paying inexplicable homage to its mouldier traditions (see Steve Martin's desperate ventriloquist routine featuring the other co-host, Martin Short).

The only way to make this show work is to contemporize variety. Otherwise it's nothing more than a community college media studies class with really expensive production values.

Maya & Marty airs Tuesdays at 10 p.m.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Dockside pairings for the up-north dad

INTO THE WOODS

Make weekends at the cottage even more of an escape

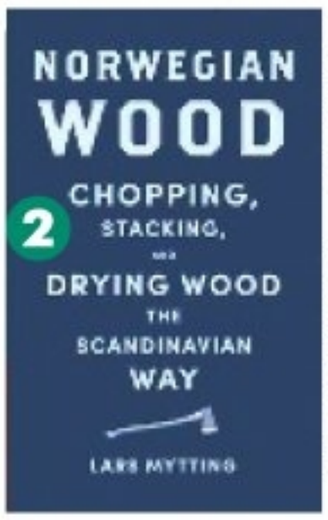
Jaclyn Tersigni

These tools, toys and texts are perfect for the father who's happiest doing whatever — drinking coffee on the dock, putzing around in the woods, fishing by canoe at dawn — so long as he's at the cottage.

Fish Flask
Sure, your dad could bring his nip of whiskey down to the dock in a glass. Or he could pour into this flashy stainless steel fish flask

designed by FormNation. Campy yet classy, it holds up to five ounces of dad's preferred spirit. *$30, available at Bergo Design, The Outer Layer and kikkerland.com*

Norwegian Wood: Chopping, Stacking, And Drying Wood The Scandinavian Way by Lars Mytting
What outdoorsman doesn't secretly (or not so secretly) love taking an axe to wood? This book examines man's obsession with stacking timber and starting fires, and provides practical advice on how to best chop and prepare. *$29.95, available at Indigo, indigo.ca*



Soludos Easy Wear Original Dali Shoes
Flip flops are a cottage mainstay but what about giving dad an upgrade for trips into town? The rope and canvas design lends a nautical splash to these slip-ons, inspired by traditional rope soled espadrilles worn on the Spanish coast. *$65, available at Hudson's Bay, thebay.com*

NRS Baron 6 Inflatable Standup Paddleboard
A standup paddleboard makes a very on-trend addition to any collection of cottage gear. It's a workout and water toy in one. Thicker than other varieties, this model can accommodate passengers and offers increased stability — perfect for paddling across the lake or down the river. And because it's inflatable, you can leave the car rack at home. *$1,299, at Mountain Equipment Co-op, mec.ca*

Abu Garcia Ambassadeur Rod and Reel Combo
Boost dad's fishing game with this rod and reel set that boasts an ultra smooth performance and ergonomic design. It can handle the weight of a variety of freshwater species, from pickerel to catfish. *$149.99, available at Canadian Tire, canadiantire.ca*

LED Camping Lantern
With its blend of vintage aesthetic and modern utility, this battery-powered LED lantern is perfect for an evening by the dock or a nightcap on the deck. Bonus: it comes with a dimmer switch, so dad can set the mood as he pleases. *$25, at Indigo, indigo.ca*

Pizzacraft PizzaQue Propane Pizza Oven
Yes, it is possible to have thin-crust, just-as-good-as-wood-fired pizza while up at the lake. This well-reviewed home pizza oven heats up in 10 minutes and cooks a pie in a mere five. The PizzaQue runs on propane, making it easy to bring from the city to the cottage and back again. *$299.99, at Canadian Tire*

Scotch and Soda Classic Grandad Henley
This cosy long-sleeved top isn't just for grandpas, but it is a classic. Soft and slim, it was made for layering on crisp mornings by the lake and on chilly evenings after sunset. *$125, available at Hudson's Bay, thebay.com*

Wood Paddle Wall Art
These paddles are for walls, not for waters. The set of three — made from mango wood and hand-painted with stripes and chevrons in bright hues — will bring cottage vibes to dad's office. Mount them vertically or horizontally with pre-installed hooks. *$79.50, at Indigo, indigo.ca*

Cork Flashlight
This lightweight flashlight may look delicate but it's actually more durable than its traditional counterparts — it's waterproof and it floats. Dad will make use of it on the boat and off. *$38.50, available at Bergo Design, The Outer Layer and kikkerland.com*

**All products listed with regular retail prices, and are subject to change*

1 Fish Flask
2 Norwegian Wood: Chopping, Stacking, And Drying Wood The Scandinavian Way by Lars Mytting
3 NRS Baron 6 Inflatable Standup Paddleboard
4 Scotch and Soda Classic Grandad Henley
5 Wood Paddle Wall Art
6 Cork Flashlight

For the dad that's a cocktail aficionado

RAISE THE BAR

Help dad take shake and stir to a new level

Jaclyn Tersigni

This dad knows the precise dash of bitters needed to make a perfect old-fashioned and he'll be the first to tell you when a hip craft brewery has a new release. These fixings and wares will equip the aficionado.

Fizzics
Any self-respecting beer lover knows that a bottled or canned brew can't compete with a freshly poured draft. Or can it? Pop any bottle, can or growler into the Fizzics home system, close the lid, tap the handle and enjoy a better tasting beer, thanks to patent-pending fluid and gas technology. *$169.99 US, available at brookstone.com and indiegogo.com*

Asobu Growler 2 Go
This vessel is the best way for dad to transport his beer to the beach, backyard and beyond. It maintains freshness and stabilizes beer at the maximum pressure, while the accompanying neoprene sleeve (removable) keeps things cool. A spout ensures a proper pour. *$45, available at Indigo and indigo.ca*

Food & Beer by Daniel Burns
If your dad is both a gourmet and beer buff, then he'll appreciate this book of paired recipes and philosophies by chef and brewer duo Daniel Burns and Jeppe Jarnit-Bjergsø. Burns' restaurant Luksus and Jarnit-Bjergsø' bar Tørst share a space in Brooklyn, where beer and high-end dining come together. *$59.95, available at Indigo and indigo.ca*

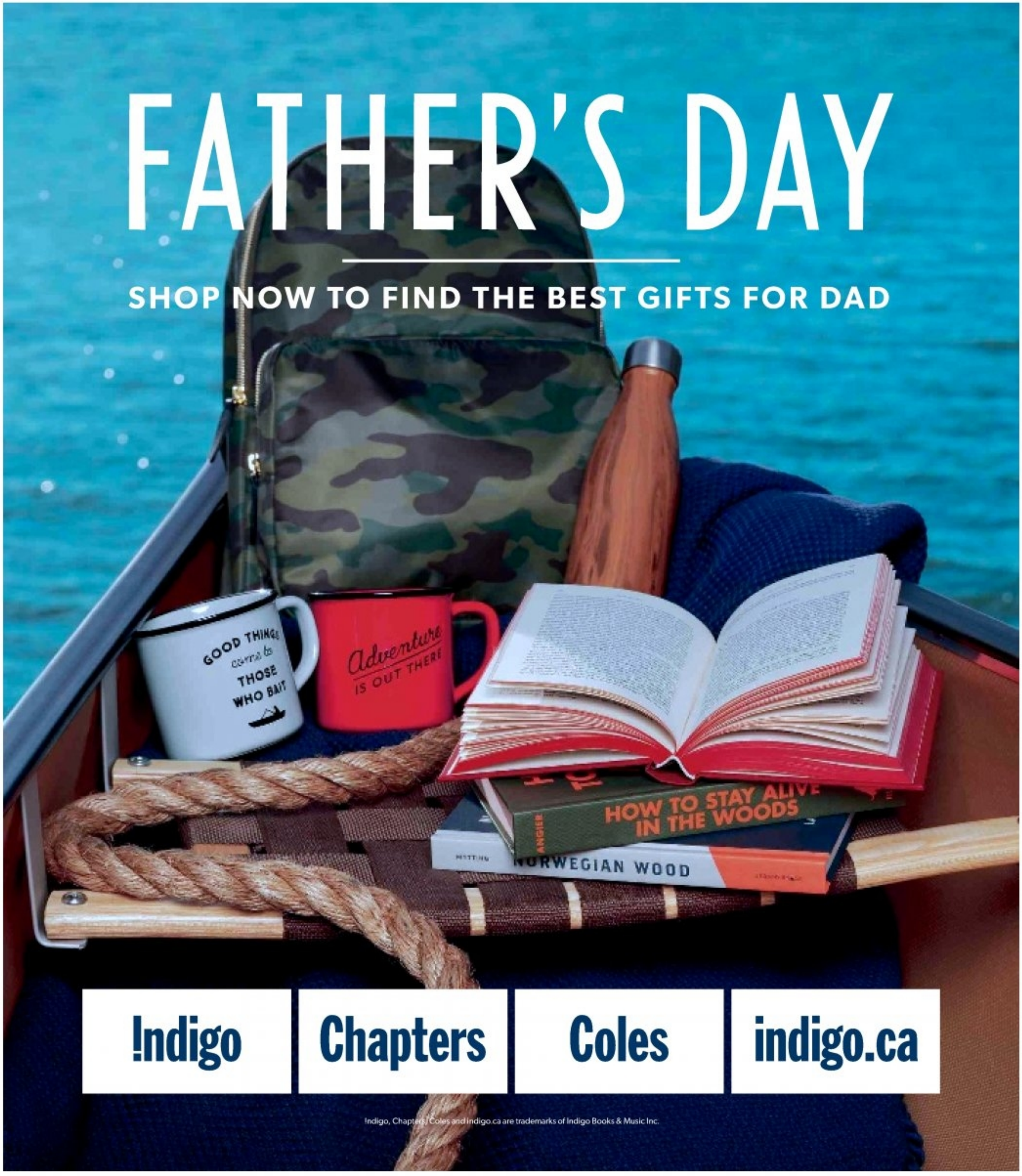
Modern Solid Brass Roll Bottle Opener
Designed by Toronto's Umbra Studio, this deliberately ambiguous rolling cage bottle opener is both a tool and a conversation piece. *$38, available at Hudson's Bay and thebay.com*

Gooderham & Worts Canadian Whisky
This well-reviewed whisky will make a welcome addition to dad's cabinet. The Canadian dram blends corn, rye, wheat and barley and offers notes of bubble-gum, toffee and dried flowers. It looks good, too; the vintage-inspired label honours the distillery's historic roots. *$44.99 at Manitoba Liquor Mart, liquormarts.ca*

Waterford Wedgwood Rebel Plum Decanter
Crystal decanters are the easiest way to transform a home bar into something more elegant. This pick puts a spin on the traditional variety with its rich amber hue and modern lines. Also available in mauve. *$294, available at Hudson's Bay and thebay.com*

J.P. Wiser's X Drake Drunken Cocktail Apricots, Smoked Whisky Maple Syrup
The Drake General Store partnered with J.P. Wiser's whisky and top local chefs to create pantry staples featuring Last Barrels whisky. The booze-drenched apricots provide a dash of sweetness and a cool garnish, while the maple syrup can be used in cocktails or over ice cream. *$14 each, drakegeneralstore.ca*

1 Waterford Wedgwood Rebel Plum Decanter
2 Modern Solid Brass Roll Bottle Opener
3 Gooderham & Worts Canadian Whisky
4 Asobu Growler 2 Go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metro HOME

Your essential daily news

No spin...insect experts have suggested 'recruiting' spiders to your garden to eliminate pests

Developing an artistic bond

CONDO TRENDS

Homegrown artists benefit from growing building trend

Duncan McAllister
For Metro Canada

It's been a busy month for public art unveilings in the city. Toronto condo developers lead the way by engaging their communities through the commissioning of public art. It's an emerging trend that allows Canadian artists to showcase their work and leave a lasting impression on the city.

In a ceremony at Concord CityPlace last week, three of Toronto's latest public art pieces by homegrown talent were unveiled. Variegation, the second piece at CityPlace by Canadian artist Pierre Poussinis is inspired by local indigenous flowers.

In Gardiner Streams, Katharine Harvey depicts the movement of the Gardiner Expressway. The artist photographed the nearby highway at night using a digital camera on low shutter speed.

With Drift, artist Adrian Göllner enhances the visual dynamic between Concord's Quartz and Spectrum towers. Glazed sections at the top of each building are aglow with slowly evolving cycles of blue, green and magenta illumination. "Our investment in public art is an important part of our commitment to bringing together elements that shape a modern, complete neighbourhood," says Concord VP, Gabriel Leung.

Top: Canadian-born artist Ben Johnston puts the finishing touches on the his mural entitled Hustle, at the Liberty Village Market. **Bottom left:** A contemporary art installation by Anna Passakas and Radoslaw Kudlinski will animate the Yonge and Eglinton neighbourhood with a crew of intergalactic 3D characters. **Bottom right:** Variegation, the second art piece at CityPlace by Canadian artist Pierre Poussinis is inspired by local indigenous flowers. CONTRIBUTED

Stargate, an evocative, traffic-stopping scene created by Toronto-based art collective Blue Republic, will soon land in Toronto's midtown neighbourhood. It's part of the 150 Redpath and 155 Redpath condominium developments by Freed Developments and Capital Developments.

Capital VP, Matt Young was one of the judges that chose the winning design from six different groups. "Some were local, some were from other parts of Canada. It was great to see all the different options and this one definitely stood out above the rest. It was a unanimous decision." he says.

Emerging from two portals at the base of the two towers, the winning contemporary art installation by Anna Passakas and Radoslaw Kudlinski will animate the neighbourhood with a crew of intergalactic 3D characters, weighing thousands of pounds and standing at 15-feet and 12-feet tall. "For us, the public art program is an amazing way to engage the community." says Young. "These two pieces are going to create excitement and engagement."

And in Liberty Village last week, Lifetime Developments, builders of the Liberty Market Lofts, held an unveiling ceremony last week showcasing two large-scale murals painted by Canadian-born, self-taught artist Ben Johnston. The pieces, titled LoveLiberty and Hustle, adorn the sides of the Liberty Market Building, and capture the vibrancy and culture of the community.

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IN THE VILLAGE

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The St. Lawrence at heart of heritage

Project overview

The St. Lawrence is a new, contemporary condominium located in the centre of Toronto's coveted first neighbourhood at Front Street East. The building features bold, modernistic architecture with sharp lines, glass and precast elements.

Building amenities

Ten floors of luxury amenities will include an upscale gym with cardio and weight rooms, a library and media lounge, outdoor lounge and pool, a state-of-the-art theatre and a party room with contemporary chef's kitchen.

Location and transit

The condo is centrally located in downtown Toronto's historic district. Residents have quick access to the TTC King Street streetcar, and a short walk to Union Station, with subway, GO Transit, VIA Rail and the Union-Pearson Express.

In the neighbourhood

This highly walkable location has much to offer. There's the St. Lawrence Market, the Rogers Centre, the Air Canada Centre and the Sony Centre, all nearby. Also, gourmet restaurants and nightclubs, and trendy boutiques, if that's your thing.

DUNCAN MCALLISTER/FOR METRO

EVERYTHING YOU NEED TO KNOW

What: The St. Lawrence
Builder: Cityzen Development and Fernbrook Homes
Architect: architectsAlliance
Interiors: Peter Clewes
Location: 158 Front St. E. at Sherbourne
Building: Two 26-storey towers with approximately 400 suites
Sizes: 420 to 1,435 sq. ft.
Pricing: $286,900 to $909,900
Status: Pre-construction, launching in July
Suites: One bedroom to three bedroom plus den
Occupancy: 2018
Sales centre: Opening in July at 132 Front St. E.
Info: 647-351-0158; admin@158front.com; thestlawrence.ca
Twitter: @thestlawrence

REAL ESTATE

What's hot on the market

DUNCAN MCALLISTER

GRAND OPENING

Yonge and Eg: The new Distinction Condos in the Yonge and Eglinton neighbourhood is officially open this weekend. Head over to the sales centre at 691 Mount Pleasant Rd., on June 18 at 12 p.m. Contact: 416-489-6444, www.distinctioncondos.com

2 OPEN HOUSE

Lombard Street: Here's a downtown sun-drenched one bedroom in the French Quarter condos. Check it out at 120 Lombard St., June 18 and 19 from 1 to 4 p.m. Contact: Andrew Ipekian, Keller Williams Referred Urban Realty, Brokerage, 416-388-7955

3 NEW RELEASE

Vaughn: The new Met Condos at the Vaughan Metropolitan Centre, located across from the TTC subway station. Check out the sales office at 7800 Jane St. Contact: 416-862-0888, www.pureplaza.com

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LEGAL MATTERS

New spouse means new property charge

Jeffrey Cowan
For Metro | Canada

Q: I purchased a pre-build condo almost five years ago and now it is nearing completion. A lot has changed in my life since I bought the property as a single guy in the City. I have since met and married my wife. Obviously I want to include her in my property title so I stated this to my lawyer when he called me to tell me that the property was coming up for final closing. I asked about including my wife on title and after a slight hesitation, my lawyer said he would ask the builder's lawyer about this.

Yesterday I received an email from my lawyer stating that they would include my spouse but there would be a charge of $500 plus H.S.T. to have her included. Can they do this and why is it so expensive?

A: What purchasers don't realize is that when they sign an agreement to buy a property (even if it is years away) they are entering into a legally binding contract. Most firms that work with builders move towards closing based upon the initial contract and if changes need to be made, they should be done before any work has been commenced on the transaction. In your case, the interim closing has already transpired and presumably the closing documents are ready to go. The fee is for the builder's lawyers to go back and change the parties to the contract which then needs to be reflected in the documents. Last minute requests for additional parties, even if they are now your spouse can be time consuming and expensive.

At all costs, try and lock down the parties to the purchase of a pre-build condo as soon as possible to avoid last minute change up charges.

If you bought real estate before you got married it will cost you a fee to add your husband or wife to the property title. ISTOCK

Renovate with ease by loving thy neighbour

Bryan Tuckey
For Metro Canada

Renovating is a great way to improve your home and your family's enjoyment of it, and a refurbished home can enhance the look of your neighbourhood. However, the process can be hard on your neighbours.

Major renovations often bring months of dirt, noise and additional vehicles into the lives of your neighbours. It's important to be considerate of the people who live around you when designing your renovation and discuss your plans with them long before the hammers start swinging.

The project may affect more than just those next door, so keep in mind neighbours behind you, across from you and further down the street.

"It's important to be considerate of the people who live around you when designing your renovation.

Whether you are building a deck, adding a second story or tearing down and rebuilding your home, it is important for you to inform your neighbours of your building plans.

Spend some time going door to door to discuss your renovation plans. Let them know what type of renovation you are taking on, how long construction is expected to take and who to contact if potential issues arise.

A professional renovator will guide you through working with neighbours and can accompany you on these visits. The national RenoMark program is a great resource to find professional. Visit www.renomark.ca to locate a RenoMark contractor in your area.

All RenoMark renovators agreed to a renovation-specific Code of Conduct, which includes things like providing a written contract; offering a minimum $2 million in liability insurance; providing two years warranty on all work; and having all applicable licenses and certificates.

With a professional renovator by your side, you'll be prepared for any questions your neighbours may have, from architectural design to zoning bylaw compliance. Keeping your neighbours fully informed will make them more supportive of the renovation. The City of Toronto recommends posting your building permit in a prominent area on your property.

Curb appeal is a common concern for people. Bring your drawings so they can see what the final product will look like. A good design will put a lot of people at ease. The advantage of working with a professional renovator is his knowledge of the numerous municipal bylaws regarding noise, waste removal, equipment storage and safety.

A true professional will comply with these bylaws and avoid potential fines from the municipality.

BRYAN TUCKEY IS PRESIDENT AND CEO OF THE BUILDING INDUSTRY AND LAND DEVELOPMENT ASSOCIATION AND A LAND-USE PLANNER WHO HAS WORKED FOR MUNICIPAL, REGIONAL AND PROVINCIAL GOVERNMENTS. FOLLOW HIM ON TWITTER @BILDGTA, FACEBOOK.COM/BILDGTA AND BILDBLOGS.CA.

GET FIRED UP! Learn how to find the right steak for your summer BBQ. p06

CHEF CORBIN Star of *Dinner Party Wars* encourages using food for family time. p08

ONTARIO'S HOT SPOTS Bloggers Justin Plus Lauren share summer must-dos. p11

SUMMER FOOD & CULTURE

TRUENORTHLIVING.CA

Explore Ontario's culinary hot spots with Food Network celebrity chef, **Lynn Crawford.**

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Pushing Rock & Roll Boundaries
Canadian rock-band Arkells chat about their new sound, the future of rock, and the Canadian music scene.

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Eclectic Electronic
Toronto-based DJ Dabin delves deep into Canada's electronic dance music, and how you can prepare for festival season.

Online Exclusive

The Dirt on Organics
The organics trend continues to thrive. Learn about organics first hand from an Ontario organic egg farmer.

Online Exclusive

Hon. Michael Coteau, MPP
Ontario Minister of Tourism, Culture and Sport

As Minister of Tourism, Culture and Sport, I always encourage visitors to take in all the sights and sounds our wonderful province has to offer. Ontario is a big place with a lot to offer and every region has its own unique style and charm.

Good food and drink makes for a great travel experience. Enjoying a meal in a new city or town can ground you and connect you not only to a locale's unique cuisine, but to the people who grow, produce, and prepare that cuisine. Like a fine glass of wine with a good meal, culinary tourism enriches your overall travel experience, giving a deeper appreciation of local heritage, culture, and traditions.

"Like a fine glass of wine with a good meal, culinary tourism enriches your overall travel experience, giving a deeper appreciation of local heritage, culture, and traditions."

In 2006, Ontario launched a 10-year Culinary Tourism Strategy, and since that time our province has been recognized as one of the world's top culinary tourism destinations. That distinction is a credit to the dedication and creativity of Ontario's tourism operators, local food producers, chefs, and everyone bringing top quality Ontario produce, prepared cuisine, and authentic dining experiences to the traveller's table. To build on this success, our government created the FeastON program. FeastON highlights and supports member restaurants that source their supplies from Ontario growers and producers. Look for the FeastON logo for a true Ontario culinary experience.

So, if you're planning to visit Toronto this summer to take in a festival, concert, or ballgame, I invite you to treat yourself to Toronto's rich multicultural culinary offerings. Visiting Ottawa? Enjoy Ottawa's fine local cuisine while sightseeing in the historic national capital. Sample the fine wines, produce, and dining that make a trip to the lovely Niagara Region or Prince Edward County even more memorable. Taste fresh fish caught from a pristine northern lake, and locavore delights in every part of the province. From Stratford to Elora, in Norfolk County, Grey Bruce, and Chatham-Kent, at farmers' markets and in culinary hotspots — discover just-picked goodness, locally produced fare, creative brews, and award-winning wines.

This summer — and every season — share our hospitality and discover all the sights, sounds, and flavours of Ontario. Ontario really is yours to discover.

Hon. Michael Coteau, MPP

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The Beer Bible

Roger Mittag
Professor
of Beer

Professor Roger Mittag is a beer educator of biblical proportions. In 2005, after 28 years in the beer industry, Mittag started Thirst for Knowledge — his own beer education program. Its success led to the creation of a sommelier-style certification program dedicated to beer, called Prud'homme Certification. His aim: educate Canadians about the drink of the season — beer. And, now that summer has arrived, there is no better time to up one's knowledge of beer — from Ontario's local brews to those found around the world.

1st COMMANDMENT
KNOW THY LOCAL BEER

Mediaplanet What is a craft beer and how are they different from other beers?

Roger Mittag Craft to me is all about passion and science coming together. It's really about making a beer that is interesting and well made. I think it's very important to be creative but I also believe every brewer needs to fully understand all of the science that goes into making a beer consistent and of good quality. There are so many things that can go wrong. Science is what helps creative brewers become successful.

MP What sets Ontario's brews apart from others across the world?

RM Tough question — I think all brewers should be held on a pedestal. They all work so hard to make something that we, as beer drinkers, will enjoy.

2nd COMMANDMENT
KNOW THY SUMMER BEERS

MP What type of beer can we find you drinking on a warm summer day?

RM My favourite style is German pilsners. They have enough body to satisfy my taste buds but are still easy to drink and refreshing.

MP There's been a lot of hype about radlers this summer. Where did they come from and what makes them so unique?

RM A radler is simply a German version of a Shandy. The word rad means bicycle. It was created when a bunch of cyclists stopped by a local Bavarian pub. The pub owner, fearing that he did not have enough beer, mixed the beer with pop or juice. The result was a beer that was lighter and very refreshing. Being much lower in alcohol, it was also safer for the cyclists to drink and ride.

3rd COMMANDMENT
KNOW THY BEER GLASS

MP How can we enhance our beer experience this summer?

RM One of the biggest things for me is to get a beer in the right glass poured with a good amount of foam. The shape and size of your glass will enhance the aromas and flavours and create a more enjoyable experience. Beers taste totally different in different shaped glassware.

Glassware does a lot more than just hold beverages. Try to pick the right glass for the right beer. Stemmed glasses can be enjoyed for both lagers and ales, but for different reasons. Lagers are thirst quenchers. Your hand should stay away from the body of the glass to avoid warming the beer. Conversely, ales are full bodied and robust, sometimes requiring the warmth of a hand to bring out all of the great flavours and aromas.

Make the Healthy Choice
Drink Beer?!

"The concept that beer is fattening is one of the biggest myths surrounding beer," Mittag states. There is no fat in beer, and the carbohydrates in beer can be used for energy. Does that make it healthy? According to Mittag it does, if consumed in moderation. He states that "one to three glasses daily is considered healthy," and adds "beer is filled with lots of vitamins, minerals, silica, and anti-oxidants."

1. It is composed of 92% water.
2. An average beer bottle only contains 135–150 calories.
3. It has no fat, cholesterol, caffeine, or nitrates.
4. It contains lots of B vitamins, including B3, B2 (bioflavin), and B6.
5. It has a significant amount of calcium, magnesium, potassium, phosphorus, and vitamins such as folic acid and niacin.
6. Anti-oxidants in beer provide protection against aging diseases such as cancer, Alzheimer's, osteoporosis, diabetes, and heart and stroke disease.

Refreshing Summer

Radler Recipe

2 Parts Creemore Springs Lot 9 Pilsner (about 473mL)

+

1 Part grapefruit juice (about 250mL)

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FESTIVAL

A Helping Hand in the Kitchen

How the Ontario Agri-Food Venture Centre is supporting entrepreneurial dreams.

Prepping ingredients in the processing kitchen at the OAFVC. Photo Submitted

There's something new brewing in the hills of Northumberland County, and wow does it smell good. About an hour east of Toronto, off Highway 401's Big Apple exit 497, you'll find the Ontario Agri-Food Venture Centre (OAFVC). Some clients like to call it the Food Adventure Centre for all the ways the staff work with clients to bring their new food ideas to life.

Built in a rural eastern Ontario county that is quickly becoming known as a small business and entrepreneurial power-house, the OAFVC is just one of the tools the community has to support residents running small businesses or starting their own independent ventures. The County offers business coaching, mentoring, incubation, and can even help locals access some funding. But, what really sets the OAFVC apart from other local resources is that this ultramodern facility offers its services to non-Northumberland residents — thanks to some provincial and federal funding.

Fully operational since December 2015, the Centre's value-adding fresh fruit and vegetable processing room is very popular. "The OAFVC processed my sweet potatoes and squash into heat and eat marketable products," explains Larry, a Peterborough Farmers' Market vendor. His soup is so popular that a local grocery store has started selling it.

The facility's fully-equipped commercial kitchen is used by artisan food-makers and chefs alike. Award winning Haute Goat has successfully worked with the Centre to make their Goat Butter Caramel corn in larger quantities, while maintaining that premium quality.

Dotty has been making a sauce at home for family and friends since the 1960s, with dreams of selling it commercially. The OAFVC team helped with business start-up advice, recipe scaling, branding, and bringing the product to market. When asked what surprised her most about working with the OAFVC, she said she was excited about how quickly it all came together. It took just a few weeks of trials before Dotty's Sauce — perfect on wings or anything off the grill — was being sold at Sharpe's Food Market in Campbellford.

When asked what harvest he's looking forward to most this year, OAFVC Operations Manager Joe Mullin pauses to reflect. "There's so much we can do here: processing, packaging, freezing, cold storage — it's hard to choose one thing. This fall we're looking forward to working with Ontario hops growers to pelletize and package hops. Yesterday we processed 600lbs of rhubarb. Who knows what we'll be working on next week!"

Trissia Mellor

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CHOOSE LOCAL

Why Sustainable Farming is Key to Ontario's Future

From consumers to restaurant owners, almost everyone shops on a global scale, but by ignoring local farmers, what exactly are we giving up? According to one of Ontario's top cooks, it's a lot more than fresh ingredients.

Hailing from Don Mills, Ontario, Jamie Kennedy is a chef, restauranteur, and small-scale farmer with nearly forty years experience in the food industry. After studying at George Brown in the late 70s, Kennedy went to Europe as a journeyman cook, where he met his future colleague Michael Stadtländer. Both chefs returned to Canada in 1980, but were soon irked by the industry's reliance on globally produced food.

"As someone who's really interested in cooking from an artistic point of view, it started to bother me that the produce we were purchasing was, for the most part, imported from other parts of the world," says Kennedy. "So, this kind of clashed culturally with what I felt we should be doing. Living in a place like southern Ontario, shouldn't we be celebrating the bounty of this region and having that bounty be reflected in the dishes we compose, so we can start to get our own culinary identity?"

In revolt to what they saw as a culturally dismissive and environmentally unfriendly system, Kennedy and Stadtländer started Knives and Forks, an alliance of chefs and local farmers to promote the idea of using sustainable ingredients throughout Ontario's kitchens. Established in 1989, Knives and Forks arose at a time when issues like carbon footprint and the overuse of fossil fuels were just joining the public conversation, which gave the group's ideals a lot of momentum. Now, with those problems being more pertinent than ever, the idea of local, sustainable produce is at its most relevant. The public mindset has started to shift in the right direction, according to Kennedy.

"In the last 10 or 15 years, the public has really responded to supporting local agriculture. These are really important years in education about supporting local food production. There are obstacles to overcome, because local food production is kind of fringe when you look at the big picture. But, as demand increases, and the cost of fossil fuels increases proportionately with the demand for local produce, what we see over time is more parity — or at least getting closer to parity. So, we're getting there, one seed at a time."

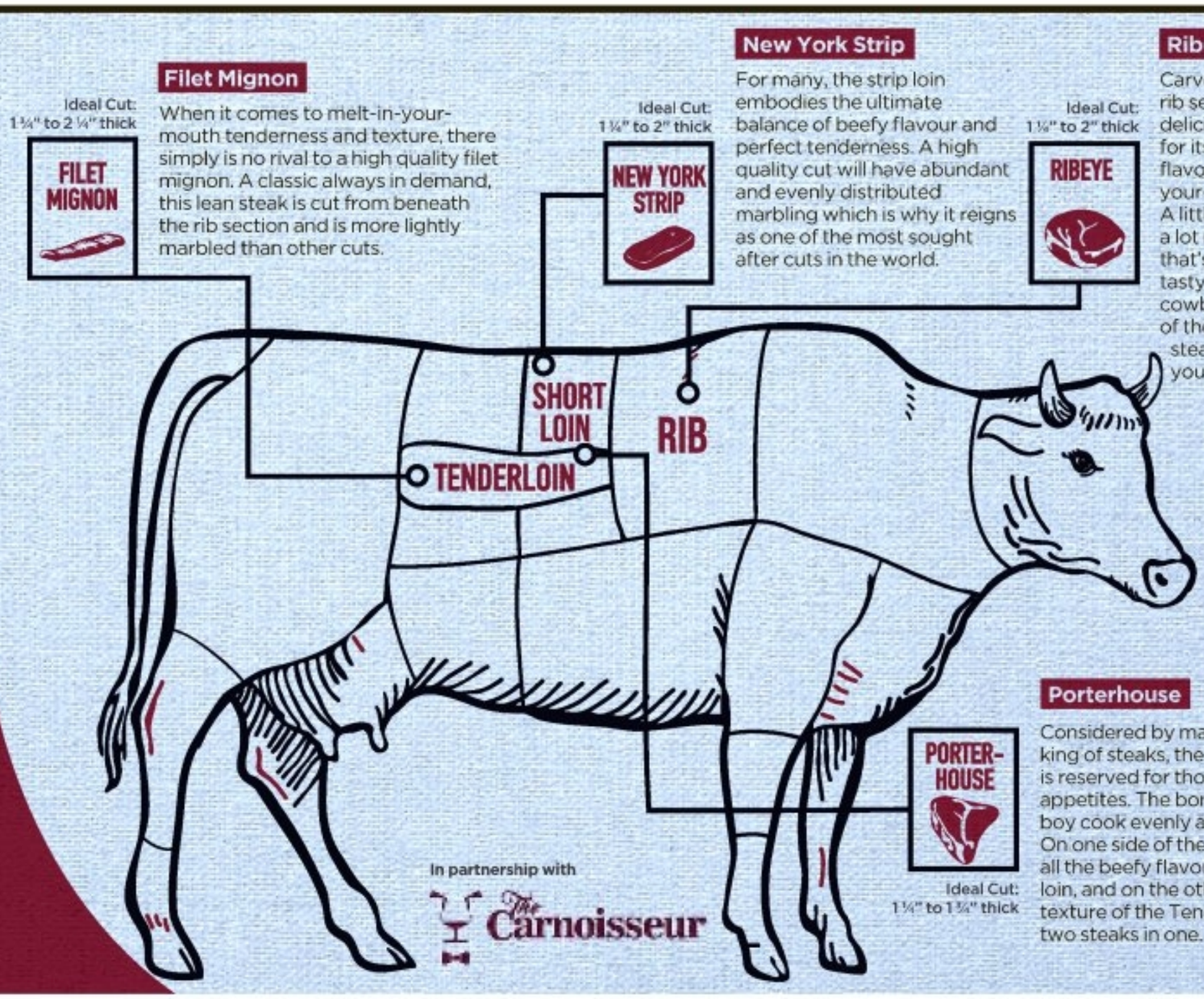
Daryl Keating

THE STEAKS ARE HIGH THIS BBQ SEASON

Summer and sunshine are here, making it the perfect time to brush up on your steak knowledge before firing up the grill. If you want a better steak experience this summer, follow these two steps:

STEP 1. Buy a better quality steak. Think about it, you don't eat steak every day — why eat everyday steak?

STEP 2. Know your cuts and choose accordingly.



Filet Mignon

Ideal Cut: 1¼" to 2¼" thick

When it comes to melt-in-your-mouth tenderness and texture, there simply is no rival to a high quality filet mignon. A classic always in demand, this lean steak is cut from beneath the rib section and is more lightly marbled than other cuts.

New York Strip

Ideal Cut: 1¼" to 2" thick

For many, the strip loin embodies the ultimate balance of beefy flavour and perfect tenderness. A high quality cut will have abundant and evenly distributed marbling which is why it reigns as one of the most sought after cuts in the world.

Ribeye

Ideal Cut: 1¼" to 2" thick

Carved from the prime rib section, this rich, delicious cut is known for its robust beefy flavour and its melt-in-your-mouth texture. A little more fat means a lot more flavour — that's why it's so damn tasty. Known as the cowboy steak, it is one of the most succulent steak experiences you can have.

Porterhouse

Ideal Cut: 1¼" to 1¾" thick

Considered by many to be the king of steaks, the porterhouse is reserved for those with big appetites. The bone helps this bad boy cook evenly and stay tender. On one side of the bone, you'll find all the beefy flavour of the strip loin, and on the other, the buttery texture of the Tenderloin. Truly, it's two steaks in one.

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Father By Day, Foodie By Night

Chef Corbin Tomaszeski is a family man at heart and strongly believes in making mealtime into a family affair.

When this culinary king is not busy cooking at first-class restaurants or hosting some of Food Network's most popular shows, you can find him spending time with his wife and three boys. Chef Corbin explains why linking family and food is so important and gives advice on how you can make it happen.

Mediaplanet Where did you learn to cook? What fueled the passion?

Corbin Tomaszeski I grew up on a farm in Northern Alberta. All of our food was made from scratch: we butchered our own animals, grew tons of fresh vegetables and prepared all the meals ourselves. I learned to cook from my grandmother and mother. Homemade meals were a necessity and usually involved cooking in large groups. I started showing interest in the kitchen by age 5 and was cooking full meals by age 10.

My passion was fueled by my humble upbringing and family events. We celebrated around food, mourned around food and created memorable experiences around food — it was a social network and created a sense of community. I learned at a very young age that meals always brought people together.

MP You have three sons — do they enjoy the culinary arts as much as you do? In what ways have you inspired their cooking?

CT I have three beautiful boys, Bennett, age 12, and twins Brodie and Tate, age 3. I have always encouraged them to understand the importance of food — how it fuels our bodies, but more importantly, how food brings people together. The twins have been known to stir things in bowls or in pans at the stovetop. Brodie loves making homemade pancakes and knows that all you need is flour, eggs, milk, sugar and baking powder. Bennett loves to grill on the BBQ and spend time in the kitchen with his father. I take the boys shopping for food, and they enjoy visiting the markets and grocers. I am pleased that all three boys love food and can be quite adventurous with their eating.

MP Why is it important to make time for meals with your family?

CT Mealtime with family is one of the few times we all get to spend together to talk about our days and what is going on in our lives. Spending time at the table eating with family creates a bond like no other. It not only allows my wife and me to share stories and experiences from our childhood but also allows us to teach proper table manners and etiquette when eating. Families that eat together stay together. We call it "Sunday suppers" — a time for sharing and eating.

Here are some fun ways to incorporate food into family time:

- Take the kids shopping and visit various markets, stores and purveyors.
- Have each family member create a menu for one meal period within the week.
- Create themed meals, such as Mexican taco night.
- Watch cooking programs together (perhaps Chef Corbin on Food Network Canada!).
- Have everyone participate in the meal preparation, from peeling vegetables and cutting or preparing ingredients to setting the table and serving the food.

MP You are known, among many other appearances, for hosting Food Network's Dinner Party Wars. What is your #1 tip to those hosting a family get-together this summer?

CT Cook foods that you know. Do not experiment with recipes that you're not familiar with. Do all the preparation work ahead of time to allow you time to spend with your guests (you can even set the table a day or two ahead of time). Keep it simple and wow your guests with preparation. My rule is, and always will be, "Less is more."

MP BBQ season and Father's Day are upon us. Any advice for barbecue enthusiasts heading to the grill to fire up a steak for dad?

CT For something different, try grilling a large slice of watermelon (rind on), and top it with crumbled feta cheese, chopped red onion, olives and fresh basil. Everyone will love it as the new summer salad.

FARMETIQUETTE

When was the last time you took a drive into the country to visit a farm? There are so many types of farms — some grow lavender, others make cider from the apples they grow, many have livestock but some don't. Farms are tons of fun and very interesting places to visit. Here are some guidelines to make your trip even more enjoyable.

Cathy Bartolic

Please keep an eye on your children to ensure a fun, safe visit.

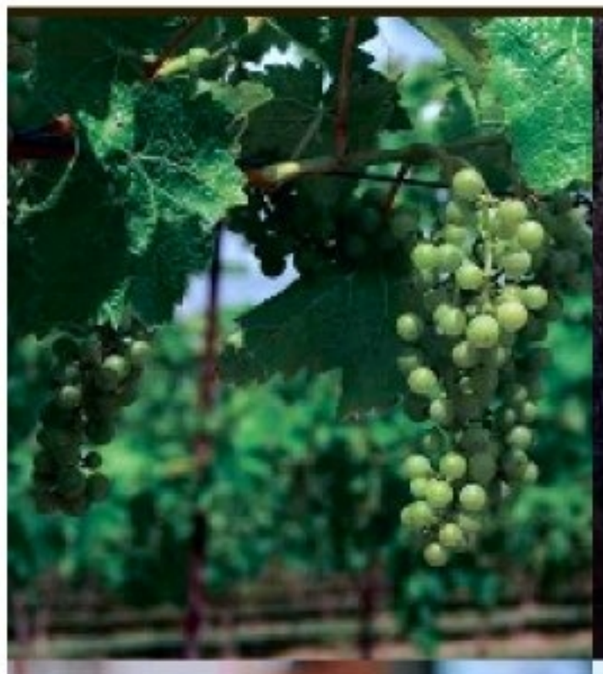
Leave your pets at home unless the farm specifies that pets are welcome. Most farms have their own animals.

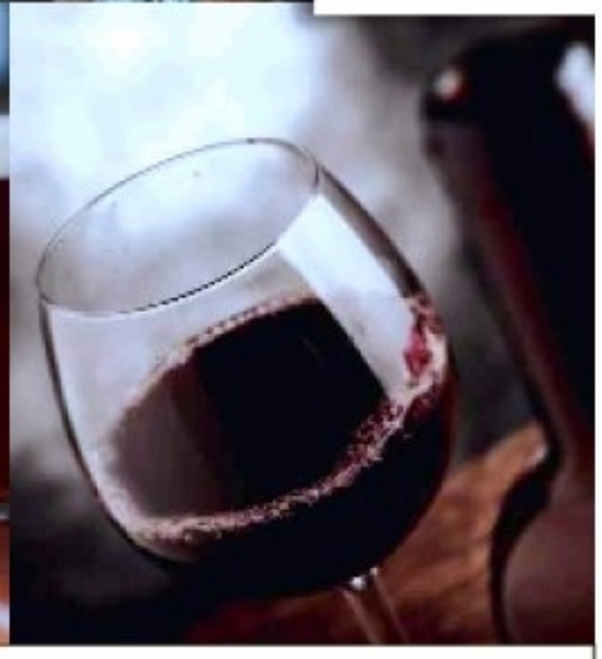
For your own safety, visit only identified areas.

Dress for the weather – if it has been raining for 3 days, the ground will be muddy, bring some boots or old shoes, and leave the stilettos at home. Remember you will be outside; you may need sunscreen, a hat or mittens depending on the season and the weather. Go prepared.

You are visiting a working farm and a business. You are a guest on the farm. Please respect any rules and signs displayed at the farm.

*Go to **OntraioFarmFresh.com** to find a farm near you, and have fun on your adventure in the country.*





Ontario Emerges as a Culinary Hotspot

There was a time when Canadians would race through the aisles of the grocery store, loading their carts with frozen dinners and other heavily processed foods. The emphasis was on convenience. But, the times have changed.

More than ever, Canadians are paying close attention to the foods they eat — and not just in terms of nutritional value. They want to know how and where the food is prepared.

An increasing number of Canadians are turning to locally produced foods — and they're in luck because, when it comes to culinary delights, this country is a land of plenty.

Nowhere is it more evident than in Ontario, *the heartland province*. Even as she was preparing for a trip to Italy, a country known for its superb cuisine and wine, celebrity chef Lynn Crawford was singing the praises of her home province.

"Ontario is now attracting a lot of culinary tourists from abroad," she says, adding that the draw is not simply the thousands of world-class restaurants in Toronto. "This province has so much to offer in terms of food and drink, [Ontarians] should take the time to explore the food-related events, attractions, and activities throughout the province. It's all right here in their own backyard."

Lynn Crawford
Celebrity Chef

Niagara region

This region's vineyards, orchards, and rich farmland make it a culinary hotspot. Tourists flock to visit Ontario's world-famous wineries — there are more than 80 of them — as well as bakeries, cheese shops, fruit stands, and ice cream shops. No doubt, this region, about an hour's drive south from Toronto, offers much more than just internationally acclaimed Icewine.

Prince Edward County

Located at the eastern end of Lake Ontario, this county was once known as *the garden capital of Canada* because it produced more than 30 percent of the canned food in Canada. Today, the county produces world-class cheese and hosts an annual cheese festival. Also, thanks to a relatively mild climate, there are dozens of vineyards and celebrated wineries across the county.

Haliburton

This area, located in central Ontario, has long been known for its incredible scenery, lakes, rivers, and wildlife. But today, visitors and cottagers are enjoying more than just the great outdoors. They're enjoying the area's culinary delights, including locally produced dairy products and craft beer.

Bay of Quinte

This area, on the northern shore of Lake Ontario, has a great agricultural tradition. The rich farmland has given rise to high-quality wine, craft beer, cider, and produce. It's an ideal destination for those with a fondness for excellent cheese and chocolate.

Randi Druzin

Chef Susur Lee's

Singaporean Style Slaw

INGREDIENTS

- 1 pickled red onion
- 1 ½ cups salted plum dressing
- 2 green onions, both white and green parts, julienned
- 2 oz rice vermicelli, broken into 3 pieces
- 3 oz taro root, julienned
- 1 large English cucumber, julienned
- 1 large carrot, peeled and julienned
- 1 small jicama, peeled and julienned
- 1 cup daikon, peeled and julienned
- 2 large Roma tomatoes, peeled, seeded, and thinly sliced
- 4 tsp toasted sesame seeds
- 1 tbsp pickled ginger
- 6 tsp crushed roasted peanuts
- 4 tsp edible flower petals
- 4 tsp fennel seedlings
- 4 tsp purple basil seedlings
- 4 tsp coriander seedlings
- 4 tsp daikon sprouts

DIRECTIONS

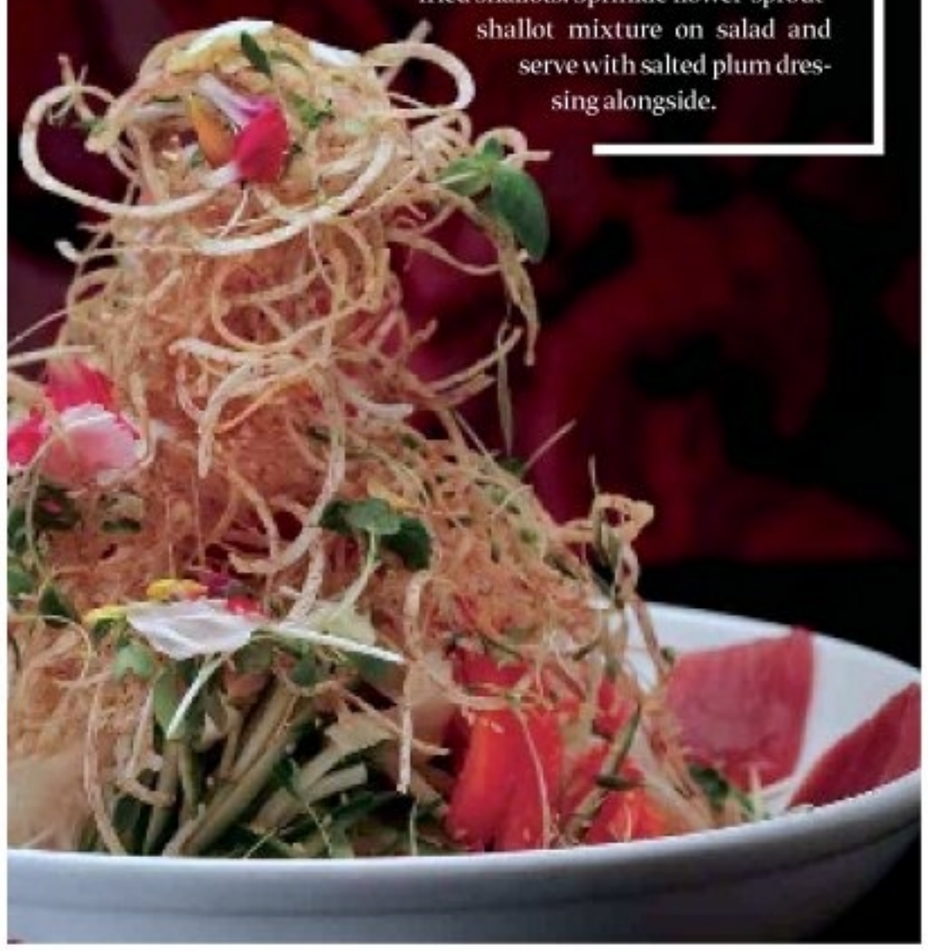
Soak green onion in very cold water to keep crisp. Meanwhile, heat large pot of oil. When temperature reaches 400°F, deep fry taro root, half the amount at a time, for 2 minutes until crisp and light gold in color. Remove slices from oil, place on paper towel, and lightly salt.

At same temperature, quickly deep fry vermicelli, half at a time, for 2 seconds, or until they curl. Remove vermicelli from oil, place on paper towel, and lightly salt.

TO SERVE

Remove julienned green onion from bowl and drain. Divide vermicelli equally between four plates and arrange green onion, cucumber, carrot, jicama, daikon, tomatoes, and pickled red onion around noodles. Top with fried taro root.

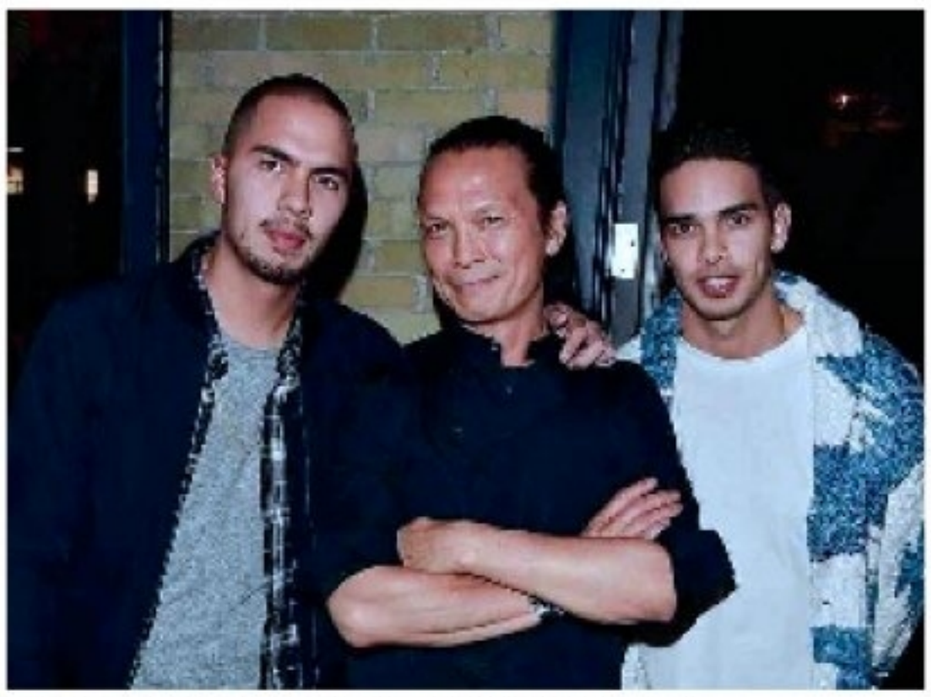
Sprinkle toasted sesame seeds and crushed peanuts over each salad. In small bowl, combine edible flower petals, seedlings, sprouts, and fried shallots. Sprinkle flower-sprout-shallot mixture on salad and serve with salted plum dressing alongside.



CHEF SUSUR LEE

Local Chef, International Flare

Chef Susur Lee is an international chef, cookbook author, restaurateur, and food network celebrity judge, who you may recognize from his current position on *Chopped Canada*.



Chef Susur Lee and his two sons, Levi and Kai. Photo Submitted

Mediaplanet You were born and raised in Hong Kong. Is it there where you fell in love with food?
Susur Lee Yes, starting at a very early age. When I was a boy, if I opened the window, I could smell the street food. It's called Hakka food, which is typically made from a shack, and set up to make food for the working class neighbourhood. It is cheap, cheerful, and has a lot of great culture. That's where I began learning to admire the smell of food. The only better smelling food than from that window was my mother's cooking — I will always remember that.

MP What fueled your passion for cooking?
SL Curiosity for different tastes. I always loved tasting different things, from Chinese mustard with chicken feet and duck gizzards to skewed innards of beef on the streets. Before I got on the wagon to school, I could smell the food in the streets. I would save my breakfast money to be able to have a little snack on my way home — that was my treasure when I finished school in the afternoon.

MP When you moved to Canada, did you incorporate your Asian heritage into your cooking?
SL I did. I was trained as a Chinese chef in Hong Kong at a French restaurant. I'm Cantonese, but I was very intrigued by the Northern style cooking. I realized how big China was in terms of the cuisine, array of languages, and different lifestyles. That really struck me — the culture inside my own culture.

Since moving to Canada, I've incorporated all types of Asian flavours. To me, it's a form of communication — sharing something you love.

MP I know you operate restaurants with your sons now. Do your sons cook there as well?
SL Yes, my sons operate the kitchen, making sure each dish goes out perfectly. They designed the menu so they know exactly what they want. They are feeling the connection with the customer and they really believe in their products. They are very hands on, touching every plate before it goes out to the restaurant.

MP You are known to have a bit of a travel bug. Have you travelled much in Canada? What's your favourite culinary destination in Canada?
SL The seafood in British Columbia is great: the Dungeness crabs, the lobster, the prawns in season, the black bass, the oysters. On the East Coast, in P.E.I., there's beautiful local tuna and fresh scallops. There's great food from the West Coast to the East.

MP What about in Ontario? Where is the culinary hub?
SL Well, Niagara is great in the summer. But, I love Toronto. For me, summer is the best time of year to cook. I treasure Ontario because our vegetables and local berries are amazing. I do tons of preserving for the winter months, so every time I open the jar, it smells like summer.

Toronto also has so many great chefs that create their own cuisine and develop their own specialty. It's really nice to see that.

MP Drake, otherwise known as *the 6 God*, is an avid supporter of your newest Toronto restaurant, Fring's. Tell me about that relationship.
SL Oh, it's a beautiful relationship. He loves food, and he is also a very good friend of my sons. They both love music. It's a connection with music and food — a beautiful marriage. When he comes in, we have a good time!

MP How is Fring's menu different from your other restaurants in T.O.?
SL Fring's is very much the vision of my sons. It's their generation and everything they love. He'll say, "dad, I want to put this on the menu — make me the plate." I say, "yes, chef", and make the dish for him to taste. Basically, I'm just their chef. Haha!

MP Where do you see the future of culinary industry going?
SL Ingredients starting to explore more culture. We are living in the most multi-cultural country in the world so it's important to understand the different cultures and how people eat. Not asking why or how, but being open-minded, and communicating with food.

I also think eating healthy is important. More vegetables and vegetarian plates are on the rise. When you eat more vegetarian dishes, you can also eat more meat. It's all about balance. If you look at all my menus, I always have great vegetarian dishes. My slaw is a pure vegan. I really believe having balance is the best way to stay healthy.

Ontario's Summer Hot-Spots

Travel bloggers Justin and Lauren share their favourite travel destinations Canadians will not want to miss this summer.

Lauren Yakiwchuk and Justin Ceksters are travel writers, photographers, and videographers from Mississauga. Justin and Lauren love outdoor adventures, discovering stunning nature, and being eco-friendly responsible travellers. When they're not traveling to far-flung destinations like Italy, Kenya, or Iceland, this travelling couple is exploring their own backyard around Ontario. They both follow a vegan lifestyle — seeking plant-based meals wherever they go. Here are their best-kept Ontario secrets you can use to impress friends and family during this summer.

For these experiences and more visit

lifeexperiences.ca
GIFT-GIVING PERFECTED

Photo credit: Justin Plus Lauren

Justin and Lauren write for their travel blog called Justinpluslauren.com

For adrenaline junkies

Whitewater rafting down the Ottawa River is an electrifying adventure. There's nothing like the thrill of paddling through rushing water, not knowing what will happen next. We went on a full day excursion with **RiverRun Rafting** where we maneuvered across several rapids and cliff jumped into the river. We navigated swiftly down the river, with our raft twisting and churning through the whitewater. We were thrown from the raft as it flipped around — even upside-down!

For couples

Spend a romantic and relaxing day at **Scandinave Spa Blue Mountain**. It's a rejuvenating retreat to unwind in soothing waters amidst a tranquil forest. The baths use traditional methods established at Nordic spas in Europe. By rotating between hot baths, cold plunges, saunas and steam rooms, you enjoy many therapeutic benefits. For an enhanced experience, treat yourselves to an invigorating couples massage.

For outdoor enthusiasts

Scenic Caves is a thrilling destination at Blue Mountain, where visitors gain new perspectives on the natural wonders of Ontario. **The Eco Adventure Tour** is a guided treetop canopy walk with two zip lines, and a tour of their famous caverns. Experience the enchanting forest as you walk across the swaying, wooden platforms suspended high in the air. Cool down as you descend into the caves, carved out millions of years ago by glacial ice. It's a memorable activity that shouldn't be missed this summer.

For nature-lovers

We can't resist the beauty of **Webster's Falls** in the town of Dundas — Lauren's hometown. Admire the waterfall from up top and down below, venturing into the water if you please. Continue to hike along the trail to Spencer Gorge, Tews Falls, and the Dundas Peak. To extend your stay, go hunting for more waterfalls on the Bruce Trail throughout Hamilton — there are over 100 in total!

For foodies

In its 33rd year, the **Toronto Veg Food Fest** at the Harbourfront Centre takes place on the second weekend of September. It's the largest vegetarian food festival in North America. And, it's not just for vegans or vegetarians. Most of the attendees are people who simply love eating, and you're guaranteed to go home with a full belly. From product samples to cooking demos, it's a celebration of mouth-watering food. It's free to attend and not to be missed.

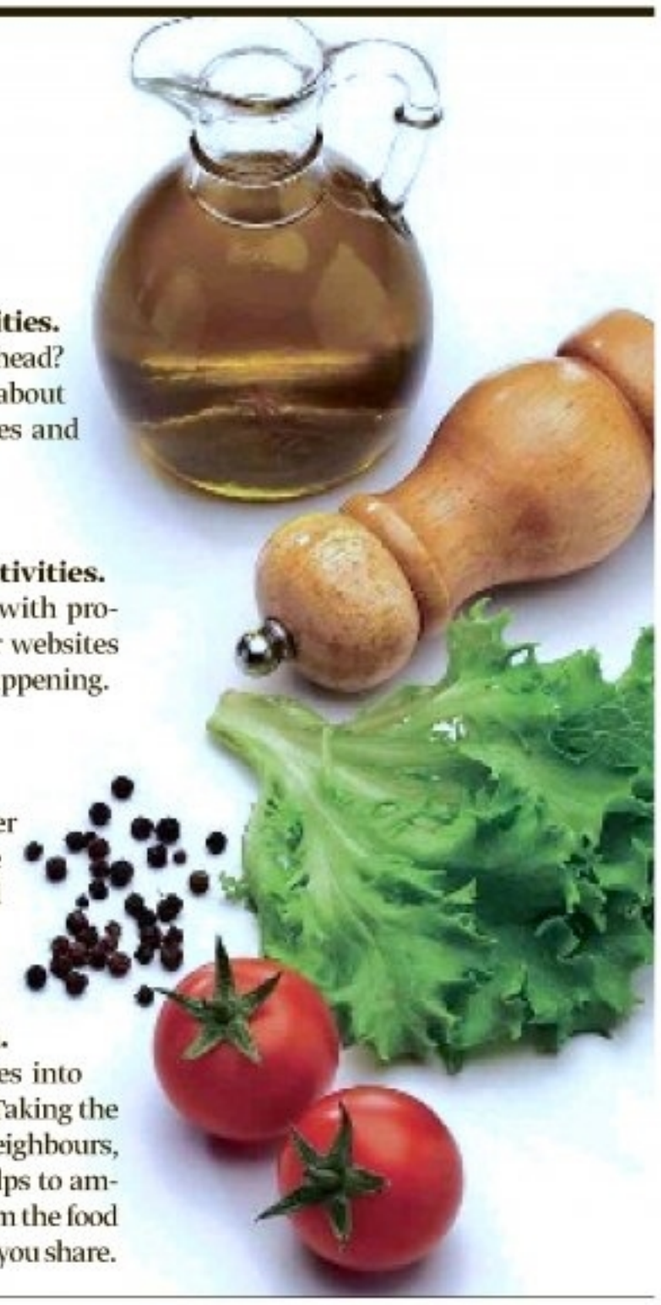
For animal lovers

If you love animals, visiting an animal sanctuary is a rewarding experience. One of my favorites is the **Donkey Sanctuary of Canada** in Guelph. The donkeys are rescued from abuse or neglect, and now live peacefully on the farm. There are so many wonderful animal organizations all over Ontario: Cedar Row Farm Sanctuary (London), Happily Ever Esther (Campbellville), Wishing Well Sanctuary (Bradford), and Ralphy's Retreat (Norfolk County), to name a few.

Top 10 Ingredients that make an Amazing Food Market 👌

There are few shopping experiences as vibrant, authentic, and multifaceted as a trip to the food market. Whether it's a local farmers' market, historically rooted market centre, or richly cultural European-style market — food markets have a way of transforming the mundane task of grocery shopping into an inspired culinary journey.

Samantha Wiles



1 Fresh and high quality food.
Absolutely the best place for the freshest and finest quality meats, fish, fruits, herbs and baked goods. Think freshly baked bread, farm-to-table produce and expertly aged butcher-cuts.

2 A wide variety of specialty items.
Looking for a spice you've never heard of or the secret ingredient to Nona's old-world recipe? Food markets offer the most impressive variety of speciality items.

3 Culinary experts.
Need help selecting the perfect artisan cheese or cooking your first turkey? You'll be in good hands with expert merchants, who are happy to provide tips and advice.aged butcher-cuts.

4 The personal touch.
Merchants are invested in their customers. They foster a warm, friendly environment and offer personalized service — paying close attention to the details that are important to you!

5 Local merchants and farmers.
Merchants and farmers are primarily small, family businesses, passed down through generations. By shopping local you're supporting your economy and maybe even your own neighbours.

6 Value for your money.
Food at the market is coming from a more direct source, often local and delivered at its freshest; packing more value into every bite.

7 Food education opportunities.
What's a wild foraged fiddlehead? Markets are a great place to learn about food. Some even offer cooking classes and seminars.

8 Exciting programs and activities.
Markets are social centres with programs and special events. Visit their websites and social media to discover what's happening.

9 Community connections.
Culture, heritage, character — a great food market is the soul of the city. Markets build community and add richness to neighbourhoods.

10 Local lifestyle integration.
Incorporate simple pleasures into the hustle and bustle of everyday life. Taking the time to connect with farmers, your neighbours, and the person behind you in line helps to amplify your local living experience — from the food you eat right through to the memories you share.

metro SPORTS

"Two of the best words ever: Game 7": LeBron's James' mindset going into Game 6 of the NBA Finals against the Warriors Thursday night

1 **Antoine Griezmann** sparked France's late surge vs. Albania. THIBAULT CAMUS/THE ASSOCIATED PRESS 2 **Marek Hamsik scored the winner** in the Czech win over Russia. JOE KLAMAR/AFP/GETTY IMAGES 3 **Admir Mehmedi helped Switzerland** earn a point vs. Romania. SHAUN BOTTERILL/GETTY IMAGES 4 **English fans** clashed with police again. CARL COURT/GETTY IMAGES

FAN VIOLENCE

Police unleash tear gas

French police used tear gas to disperse rampaging English soccer fans at the European Championship on Wednesday, the fourth time England fans have been involved in violent incidents since the start of the tournament.

Violence in Lille did not reach the levels of last weekend in the southern city of Marseille, where English fans were involved in three days of fighting.

However riot police were still firing tear gas to disperse English supporters, many of them apparently drunk, late into the evening.

Police had to protect several thousand French fans who had watched their team in an official fan zone set up for soccer lovers in each host city.

Earlier in the week, UEFA threatened to expel Russia and England from the tournament if their fans are involved in any more trouble.

England plays Wales in the nearby city of Lens on Thursday. THE ASSOCIATED PRESS

36

French authorities said police made a total of 36 arrests Wednesday in Lille.

'A habit' for late dramatics

EURO 2016 GROUP STAGE

France leave it late again, but improve to 2-0

Late goals from Antoine Griezmann and Dimitri Payet helped France become the first team to advance to the knockout stages of the European Championship on Wednesday with a 2-0 win over Albania.

For the second consecutive match, late pressure rescued a patchy France side that is struggling to live up to its pre-tournament billing as one of the favourites.

Against Romania on Friday, Payet's superb strike from distance won it for the host nation. This time — with the clock running down — substitute Griezmann placed himself perfectly to nod in a cross from centre half Adil Rami.

"This is becoming a habit," France coach Didier Deschamps said. "I would prefer us to break the deadlock a little earlier."

France President Francois Hollande jumped out of his seat and thrust his arms in the air when Griezmann scored, and the Stade Velodrome rose as one to hail Payet after another outstanding finish a few minutes later.

With grace and poise reminiscent of France great Zinedine Zidane, Payet cut in from the left and beat two players before firing in the second goal.

Payet, as modest off the field as he is electric on it, deflected the praise, saying "once again the substitutes did well tonight. It was a special feeling."

But without doubt he was France's creative force and is fast forging a reputation as both a supplier of chances and a finisher of lethal quality.

"He's always had ability, he's got a lot of confidence

Didier Deschamps on France's breakout star, Dimitri Payet.

GROUP A In Marseille

2 0

In Lille, Russia were left in danger of early elimination after a 2-1 loss to Slovakia.

The Russian defence was split by Marek Hamsik's long pass, which set up Vladimir Weiss for Slovakia's first goal in the 32nd minute. And Weiss turned provider on the stroke of half time as Hamsik powered in the second at the Stade Pierre Mauroy. Denis Glushakov pulled one back for Russia in the 80th minute.

And in Paris, Switzerland closed in on a spot in the next round with a 1-1 draw against Romania.

Admir Mehmedi scored a 57th-minute equalizer with a powerful left-foot shot to ensure the Swiss have four points ahead of their final Group A match against France. THE ASSOCIATED PRESS

MR. HOCKEY REMEMBERED

'Irresistible' Howe laid to rest in Detroit

A gifted warrior on the ice and a soft-spoken, gentle man off it, Gordie Howe was remembered Wednesday as a hockey legend who treated all around him with warmth, respect and kindness.

"He was irresistible," said son Murray. "Though he was the size of a gorilla, little kids and little old ladies alike flocked to him the moment he disarmed them with his playful grin and his huge open arms. And Dad fed off their love and their positive energy and it brought him to life no matter how tired or sore he was.

"He made everyone feel as if they were the most special person on the planet."

Howe died Friday at age 88. His funeral came a day after thousands of people — famous and relatively anonymous — paid respects to Howe during a visitation at Joe Louis Arena in Detroit.

The adoration for the man many say is the best to ever play the game was on display as dozens of fans waited in light rain to land a seat inside the packed Cathedral of the Most Blessed Sacrament.

Gordie Howe, 1928-2016 GETTY IMAGES

Hall of Famers Wayne Gretzky, Bobby Orr, Guy Lafleur and Yvan Cournoyer along with top executives Gary Bettman, Brian Burke and Glen Sather also attended.

Murray delivered a heartfelt eulogy at his father's funeral, sharing numerous amusing and touching stories about his dad with some 900 mourners.

Howe, a native of Floral, Sask., made his debut with the Red Wings in 1946 and was an offensive force and played with a ruthless, physical edge.

"I don't know of any other human being that can go and knock out teeth, give people cuts, bumps and bruises, punch them in the nose or elbow them in the nose, and they revered the man," said Howe's son, Mark. THE ASSOCIATED PRESS

Pallbearers, led by Marty Howe, front left, and Mark Howe, front right, carry Gordie Howe's casket from the Cathedral of the Most Blessed Sacrament. NATHAN DENETTE/THE CANADIAN PRESS

IN BRIEF

Canes acquire Bickell, Teravainen from Chicago

The Carolina Hurricanes have acquired forwards Teuvo Teravainen and Bryan Bickell from the Chicago Blackhawks in exchange for two draft picks.

Carolina sent a second-round pick in this month's draft, the 50th overall, and a third-round pick next year to Chicago, which saves significant salary-cap space. THE ASSOCIATED PRESS

400K celebrate with Pens

The Pittsburgh Penguins turned around a once-disappointing season and fired a coach before winning a fourth Stanley Cup, adversity that seemed to make Wednesday's city-wide celebration that much sweeter.

Some 400,000 fans lined the victor parade route more than 10 deep as the players, coaches, their families and support staff rolled by. THE ASSOCIATED PRESS

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Jays pound Philly pitching

MLB

Donaldson and Encarnacion go deep in latest victory

Marco Estrada had another sharp outing, Edwin Encarnacion and Josh Donaldson hit solo homers and the Toronto Blue Jays beat the Philadelphia Phillies 7-2 on Wednesday night.

Estrada (5-2) allowed two runs and four hits, striking out five in 6-2/3 innings. He has held opponents to five hits or fewer in 10 straight starts.

WEDNESDAY In Philly

7	2
BLUE JAYS	PHILLIES

Josh Donaldson hits his 16th home run of the season on Wednesday in Philadelphia.
MATT SLOCUM/THE ASSOCIATED PRESS

Cody Asche had a homer, two doubles and drove in both runs for the Phillies, who have lost six of seven and 19 of 25. Jeremy Hellickson (4-5) allowed four runs and five hits in six innings.

The Blue Jays scored three runs to take a 4-1 lead in the fourth. Hellickson walked Donaldson and Encarnacion to start the inning. After a double steal, Russell Martin's sacrifice fly made it 2-1. Ryan Goins hit an RBI single with two outs and Devon Travis followed with a run-scoring double.

Donaldson connected off Hector Neris in a three-run eighth, sending his 16th homer deep to left after a knockdown pitch.

Encarnacion hit a 1-2 pitch off the facing of the second deck in left field for his 17th homer leading off the second. He has five homers in the last four games.

Asche answered with a long drive of his own, hitting his second homer into the second deck in right field in the bottom half.

Asche's RBI double in the fourth cut the deficit to 4-2.

THE ASSOCIATED PRESS

CFL

Grey Cup MVP released by Argos

The most valuable player of the 100th Grey Cup is looking for a new job.

The Toronto Argonauts released veteran running back Chad Kackert on Wednesday. Also let go were veteran quarterback Adrian McPherson, defensive linemen Jamal Young and J.C. Copeland, receivers Shane Williams-Rhodes and Christion Jones and linebacker Marquis Sprull. All seven players were Americans.

Chad Kackert
GETTY IMAGES

The five-foot-eight, 206-pound Kackert spent five injury-plagued seasons with Toronto. He was named the MVP of the 2012 Grey Cup game, rushing for 133 yards on 20 carries and adding eight catches for 62 yards in the Argos' 35-22 win over the Calgary Stampeders.

THE CANADIAN PRESS

IN BRIEF

Raonic dispatches Kyrgios after overnight break

Milos Raonic won the final set after an overnight break to beat Nick Kyrgios 6-7 (5), 6-4, 6-4 Wednesday at the grass-court Queen's Club in London. Resuming the match on one set each after poor light ended play Tuesday, the third-seeded Canadian won the decider to advance to the second round. THE ASSOCIATED PRESS

Rockies cut Reyes after he serves suspension

The Colorado Rockies cut Jose Reyes following his domestic violence suspension, all but assuring the team will be responsible for the $34 million remaining on his contract. Colorado designated the shortstop for assignment on Wednesday, giving the Rockies 10 days to trade or release him.

THE ASSOCIATED PRESS

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RECIPE Sweet & Spicy Salmon

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

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Ready in
Prep time: 5 minutes
Cook time: 15 minutes

Ingredients
- 3 Tbsps soy sauce
- 2 Tbsps honey
- 2 Tbsps sriracha
- 3 Tbsps water
- 4 salmon filets
- big pinch of sesame seeds

Directions

1. Preheat the oven to 425 degrees.

2. In a small bowl whisk together soy sauce, honey, sriracha and water until well combined.

3. Place the salmon filets on a parchment-lined, rimmed baking sheet. Spoon the marinade on top of the salmon and bake it for 15 minutes.

4. Top with a sprinkling of sesame seeds. Serve with rice and a side of greens.

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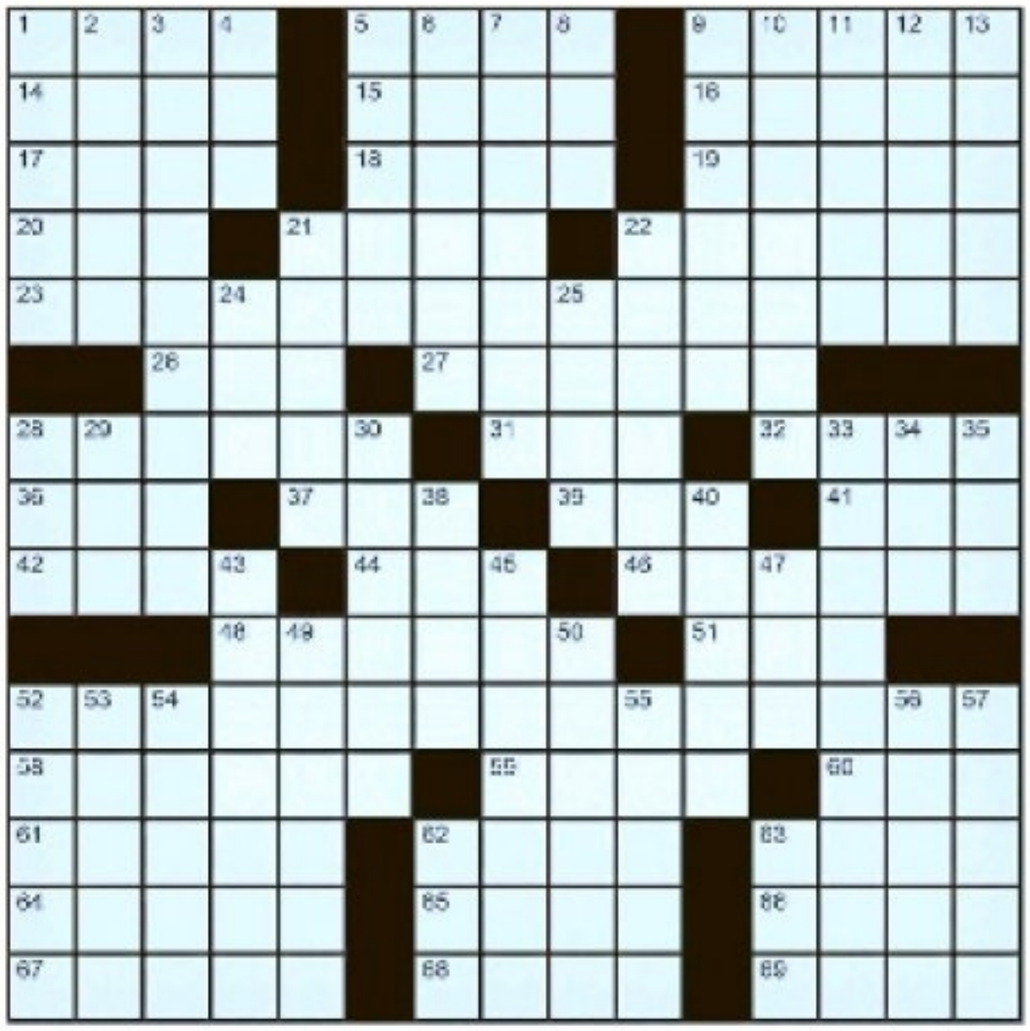
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Oscar, as compared to Felix
5. Auntie on Broadway
9. Sorrow
14. Bride-_-_
15. Some TV brands
16. Avoid
17. Volcano in Sicily
18. Insects
19. Flood embankment
20. Mount _ (Volcano in Japan)
21. Soft muddy spot
22. 'Concerning this', contract-style
23. 1983 Donald Sutherland movie (Kiefer had a role in it, too) written by Neil Simon and starring the American playwright's then wife Marsha Mason: 3 wds.
26. Caravansary
27. R.E.M. singer Michael, and surnamesakes
28. On the liner
31. Behave
32. Authentic
36. '_ Are Here' (Shopping mall map info)
37. Folklore creature
39. "That's what you think!"
41. Shape with an axe
42. The _ Coast
44. "Well, now!"
46. Dotted tile of the classic game
48. Star: French
51. "Phooey!"
52. Wildflower of the Canadian Rockies, like what an artist just dipped into the palette for clouds on the canvas: 2 wds.
58. Ancient _ (Nero and Virgil, for example)
59. Really
60. Blow away
61. Singer, Faith _
62. Breezy
63. "_ _-Team" ('80s series)
64. Smooth transition
65. Fun construction set
66. Tinted
67. Lock of hair
68. Welsh opera singer Mr. Terfel
69. High-pitched barks

DOWN
1. Choo-choo-ing stuff
2. "_ luck to ya!" (Hope ya win!)
3. Objectionable
4. "Who Wants to _ _ Millionaire"
5. Canadian chocolate bar, _ _
6. Honda luxury cars
7. Purplish-red
8. 'Lion' suffix
9. Remove, tech-ie-style
10. Deplete due to excessiveness
11. French for 'to wash'
12. Classic theatre
13. Coral formations
21. John C. _ Hamilton International Airport
22. The Group of Seven, for one
24. Murder trial's li'l bit of proof
25. Canadian impressionist Mr. Little
28. Gilligan's positive
29. Fashion scarf
30. Sags
33. Pet often carried by a celebrity
34. Barn bird
35. Songbook standard: "Tea for _"
38. Plant-growing pet
40. Pastime pursuit
43. Nail-in-foot shot
45. Great actor, Sir Laurence _ (b.1907 - d.1989)
47. Wreck
49. Verb subjects
50. Power
52. Usurp
53. Hang as a hummingbird or helicopter
54. Politician's concern
55. Use the store's changing room: 2 wds.
56. Win everything
57. Cabbage units
62. Edmonton, _.
63. Archaic pronoun

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is the perfect day for discussions about inheritances, shared property or insurance disputes. People want to agree and get along. (Use this to make things work for you in any way you want.)

Taurus April 21 - May 21
Relations with members of the general public, as well as close friends and partners, are excellent today! Nevertheless, be accommodating with others.

Gemini May 22 - June 21
Work-related travel is likely today. If so, you will enjoy yourself. All work discussions will be positive, and possibly lucrative to you. Fingers crossed!

Cancer June 22 - July 23
This is a lovely day to party or entertain. Long lunches, movies, the arts, picnics, barbecues and playful times with children will appeal. Sports events will be fun as well!

Leo July 24 - Aug. 23
This is a good day to discuss real estate negotiations. You might want to entertain at home or explore ways to expand where you live.

Virgo Aug. 24 - Sept. 23
Because communication with others is so smooth today, enjoy schmoozing with everyday contacts. Discussions with siblings and relatives will be warm and friendly.

Libra Sept. 24 - Oct. 23
This is an excellent day for business and commerce. Look for ways to boost your income. You might have to travel to make money today as well.

Scorpio Oct. 24 - Nov. 22
The Moon is still in your sign; however, today it is dancing with lucky, moneybags Jupiter. This promotes domestic peace and happiness for you. Life is good!

Sagittarius Nov. 23 - Dec. 21
Something going on behind the scenes will please you today. Secret travel plans might be in the making. (We both know you love to travel.)

Capricorn Dec. 22 - Jan. 20
Relations with classes and groups are positive today. A discussion with a female, probably from another culture, will be mutually beneficial.

Aquarius Jan. 21 - Feb. 19
You make a great impression on bosses and VIPs today. In fact, this could lead to future travel opportunities for you. Whatever you do today with others ultimately will benefit you.

Pisces
Feb. 20 - March 20
You will enjoy travelling today or talking to people from different backgrounds and other countries.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		9				7		
1				3				8

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YESTERDAY'S ANSWERS

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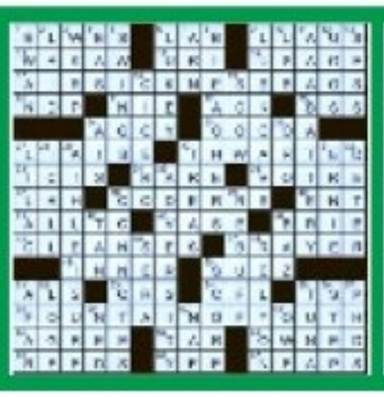
for more fun and games go to metronews.ca/games



1	5	8	2	7	9	6	3	4
9	6	2	1	4	3	7	5	8
4	7	3	5	6	8	2	1	9
6	9	4	8	1	7	5	2	3
8	2	1	9	3	5	4	6	7
7	3	5	6	2	4	9	8	1
2	8	6	4	9	1	3	7	5
3	1	9	7	5	2	8	4	6
5	4	7	3	8	6	1	9	2

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